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The February Edition of

Green Runner

newsletter of the Stubbington Green Runners

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SGR 10K - Doug

Now that it's all over and just about wrapped up - A VERY BIG THANK YOU TO DAVID AND JANE SWANBROW for acting as Race Director and Secretary. Very well done.
The bloodhounds are out now for a relief for David - any volunteers? Watch out for the chairman's approach!

SGR 1993 MUGS - Committee

There was a shortage of mugs this year at the end of the SGR 10k. This was due to the late arranging of the children's fun run and the discovery of one box of broken mugs! We have received a cash refund for the broken mugs but this still leaves us with a shortage.
If your house ended up with two mugs and you would be willing to donate one for re-distribution to race officials who did not receive one, please contact one of our committee members.

SOCIAL EVENTS
- Sandy, Jackie & Peter

1. BARN DANCE - Friday, 19th February
Our Barn Dance is being held in The Victory Hall on Friday, 19th February at 7.30 pm. From the tremendous response, it looks like being a really great evening.
SEE YOU THERE!

2. POST RACE "DO" - Sunday, 14th March
We're holding a post-race "do" at The U.S. Hockey Club after the Portsmouth ½ on 14th March. See separate article.

3. LONDON MARATHON COACH - Sunday, 18th April.
Pat is organising her usual splendid coach trip to the London Marathon. See separate article.

LOOK OUT
BE SEEN
BE BRIGHT - Doug

At a recent club training night in what was thought to be a quiet road, a member of the public berated us for running on the road with lots of traffic around. It was wet and hence not easy for drivers to see us out of their cars.
The situation was made worse because several members were in an almost black strip - let us not upset the public!
At least wear white on top whenever running on roads or pavements at night - even better, wear reflective clothing!

LONDON MARATHON UPDATE
- Dennis

1. Runners
Add Peter Webb, Shaun Slack and Chris Farrant to the list of runners + the first four names in this list - this being the order the names were drawn in the draw for the club's four London Marathon places:-

1. Richard Rowe
2. Michael Rowe
3. Frank Wright
4. Michael Aimable

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5. Peter Kim Hards
6. Stephen Armstrong
7. Chris Warner
8. Mick Whybrow
9. Shirley Wright
10. Peter Rawlins
11. Brian Cripps
12. Peter Prendergast
13. Glenn Jarvis
14. Doug Roberts

2. REGISTRATION
Both Pat and I are planning to travel up to London on Wednesday, 14th April to register. If you would like us to register and collect your number for you, please let us know - more details next ronth.

3. COACH
A coach has been booked for 5.45 am on April 18th to get us to Greenwich by 8.15 am, as in previous years. The return will be at 4 pm and it will cost £5. To reserve your seat, please contact Pat or Dennis (Stubb. 667263) - priority will be given to club members (runners OR spectators) until 18th March, after which bookings will be taken from non-SGR members SO BOOK YOUR SEAT(S) NOW.
Cash/cheques (payable to Stubbington Green Runners) with your reservations, please.

LEDERLE SOUTH COAST MARATHON - Siân

Preparations are well in hand for this year's race on 25th April and upwards of 100 entries have been received so far. NOW is the time for all SGR members to decide whether to run or help. Please fill in and RETURN the "volunteer" form enclosed in this newsletter and/or ring Siân on Stubb. 667597.
Your commitment is vital to the success of the event which this year incorporates eight championships, including Hampshire AAA.
Everyone is welcome to the pre-race pasta party at St. Vincents College on Saturday, 24th April. The price is £6 and includes choice of food - menu and more details next month.

TODAY'S RUNNER LEAGUE - Chris

Hundred Acres

Despite the atrocious weather, 233 runners took part in our race, which again proved a big success thanks to all the help that we received in setting out and marshalling the course. Di McEwen and her team of ladies did a splendid job with the refreshments afterwards and deserve special thanks.
Good performances by both our teams saw the men in first place and the ladies placed second. Overall we shared first place with Portsmouth Joggers.
Ray Gunner turned in his usual performance to finish fifth and for the ladies, Siân Mundy was in good form in first place - well ahead of Alton's Sarah ??????

RESULTS

Ray Gunner	5th	Siân Mundy	1st
Richard Mannion	15th	Alison Ridd	3rd
Peter Young	19th	Margaret Jones	20th
John Rorke	20th	Jill Young	28th
Mike Laws	22nd	Jenny McTernan	48th
Mick Clarke	49th	Alison Flack	51st
Mike Bell	53rd	Jenny Lee	53rd
Tony Homer	59th		
Andy Lee	81st		
Tony Mundy	86th		
John Millican	96th		
Richard Hatton	101st		
Tom Summerfield	106th		
John Randall	111st		
Roger Thomasson	112th		
Paul Morris	114th		
Philip Randall	124th		
Chris Warner	138th		
Colin Knight	155th		
Gareth Balsdon	158th		

IN DAYS GONE BY - Di

Just to compare some times of our runners' bests in 1988.....

10 k	George Childs	46.05
	Steve Marshall	32.40
	John Armon	35.16
	Beverley Brown	37.41
	Phil Southall	34.30
10 m (miles - Rosemary!)		
	Dennis Woodward	61.27
	Tony Mundy	63.30
	Gary Bradley	66.26
	Paul Hedger	69.21
	Clive Millard	75.43
	Janet Marshall	77.00
	Clara Scott	81.11
Half-Marathon		
	Chris Hall	1.29.39
	Richard Hatton	1.22.29
	Phil Rogers	1.16.12
	John Millican	1.17.30
	Pat Woodward	1.53.55

Today's Runner, Alton 1990
First Green Runner was Mike Godwin (35th), followed by Chris Richards (43rd), Tony Mundy (51st), John Vose (53rd) and Doug Roberts (73rd).
In the same event in 1992:
Colin Marriott (7th), Alan Davis (20th), Chris Richards (39th) and Andy Lee (47th).

DO YOU NEED A BABYSITTER?

RELIABLE 18 YEAR OLD SGR MEMBER
OWN TRANSPORT. LAST MINUTE NOTICE
USUALLY NO PROBLEM.

JANE MUNDY - STUBB 667597

TODAY'S RUNNER LEAGUE - Martin

Upper Hamble Country Park

This year the course was changed to one large lap instead of two smaller ones. The new part of the course contained very slippery (muddy!) parts as well as firm conditions but, in the opinion of the majority of runners, the new course was an improvement.
Alison Ridd won the ladies' race, closely followed by Helen Pindar (4th) and Di McEwen, who had a good run following injury to be our third scorer. The ladies finished in second position.
Ray Gunner (5th) once again led home our men and with Simon Hearnden and Richard Mannion also inside the first ten finishers, the men's team also finished in second place.
Overall we tied with Portsmouth Joggers for first place.
THE NEXT RACE IS AT QUEEN ELIZABETH COUNTRY PARK ON FEBRUARY 14TH AT 11 AM.

RESULTS

Ray Gunner	5th	Alison Ridd	1st
Simon Hearnden	6th	Helen Pindar	4th
Richard Mannion	8th	Di McEwen	17th
Pete Young	18th	Margaret Jones	22nd
John Rorke	23rd	Jill Young	31st
Gary Bradley	62nd	Nuha Mitchell	33rd
Mike Bell	69th	Jenny McTernan	57th
Richard Barrett	74th	Jenny Lee	60th
Andy Lee	82nd		
Doug Roberts	87th		
Tom Summerfield	110th		
Derek Balsdon	111th		
Roger Thomasson	115th		
John Randall	119th		
Martin Wellstead	124th		
Chris Warne	127th		
Terry Dowland	134th		
Paul Morris	138th		
John Vose	158th		
Russell Hammond	165th		
Richard Foster	172nd		
Gareth Balsdon	178th		

MLS or KMS? - Rosemary

In answer to Harry, who managed to get his letter published two months in a row! I don't think we should run all our races in kilometres.
Call me old fashioned if you like ("old fashioned!" - I hear them cry.) But, the marathon distance of 26 miles 385 yards is a classic. 42 point-whatever-it-is kms just doesn't have the same ring about it. I don't object to 10k and 25k races, but keep the good old marathons and half-marathons in miles.
My ignorance/old fashionedness, showed through later in my perusal of the November Green Runner when I read about the Lordshill 10 metre race being completed in 60.23 sec! I thought it was a bit slow. Nobody told me that "m" stood for miles!
And times: 9 minute miles and 7 minute miles mean something to me. I wouldn't have any idea what speed is meant by a 4 minute kilometre.
The trouble is I'm in Australia, where they say things like "Gidday", "No worries" and "What's a mile?".

GREEN SHOOTS - Editor

January has been a quiet month for races with fun runs and February seems to be the same but we hope that there will be a good turn out from the club in The Portsmouth Fun Run which starts just after the half-marathon on Sunday, 14th March. Entry forms are available from Di McEwen. You can come along to the U.S. Hockey Club afterwards for a hot meal and shower - see elsewhere for details.
Don't forget the Hampshire Cross Country League fixture at IBM Havant on Feb. 20th. It would be nice to turn out a TEAM!
Then, with the lighter evenings and warmer weather, we hope to organise some regular training sessions so that you can run together and take part in some of the many fun runs.
Don't forget to let me have YOUR ideas and thoughts for inclusion in next month's newsletter.
Plans include:- a competition against the youngsters of Gosport RR & Fareham at Brune Park and an S&R Running event at Easter. Details of both of these will be in "Green Shoots" in the newsletter in the coming months so WATCH THIS SPACE.
It was actually about 44 events!

RESULTS

THEALE THRASH 1 - Jan 10

Dennis Woodward (mv1)	40.15
Beverley Brown (f)	41.14 (2nd lady)

SOUTHERN XC CHAMPS., MAIDSTONE - Jan 16

Mike Gibbon	329th
John Rorke	586th
Phil Rogers	588th
Chris Richards (mv1)	742nd
Dennis Woodward (mv1)	875th
Tony Mundy (mv1)	884th
Derek Balsdon (mv2)	973rd
Mick Whybrow (mv2)	976th

THEALE THRASH 2 - Jan 17

Beverley Brown (f)	38.44 (1st lady)
Dennis Woodward (mv1)	39.11
Mick Whybrow (mv2)	45.50

THEALE THRASH 3 - Jan 24

Dennis Woodward (mv1)	38.43
Beverley Brown (f)	39.15 (5th lady)
Mick Whybrow (mv2)	42.58

OVERALL POSITIONS (3 RACE SERIES)

Beverley Brown	1st lady
Dennis Woodward	4th 0.40

STOCKBRIDGE 8

Ken Payne was 1st in this XC event.

CANTERBURY 10 - Jan 31
(Very hilly - only suitable for mountain goats!)

Harry Harper (mv4)	1.47.16

VANNES VISITORS - Tony

A Happy New Year from the athletic club at Vannes. Volunteers wanted to host a French runner for the weekend of the Portsmouth Half Marathon - Stubb. 867597.

Photo by Richard Hatton

CROSS COUNTRY - Tony

HAMPSHIRE XC LEAGUE - SOUTHAMPTON (Jan 2)
The Firebreaks course at Bassett is a real test of your ability to run up muddy hills. Two laps for ladies and men but with a longer lap for the men. The serious hill comes at the end of the lap and turns your legs to rubber before the run to the finish.
It's good to see a youngster running in S&R colours (James Marshall - 16th) but frustrating to see the ladies finish one short of a team (Alison Ridd - 21st and Sian Mundy - 23rd). Ken Griffiths (32nd) shows how well he copes with hills and Mike Gibbon (70th) continues his improvement with every race. Eleven other regulars provided support in depth.

WESSEX XC - SWINDON (Jan 10th)
This fixture clashed with the Todays Runner league at Bere Forest and no-one made the journey to Swindon.

SOUTHERN XC CHAMPIONSHIPS - MAIDSTONE (Jan 16)
What a hard race! More than 9 miles of hilly grassland in three circuits around Mote Park. Last minute injury and illness reduced the quality of the team but we filled the minibus with runners and supporters. Dominic Banister (Shaftsbury Barnet) floated round in 48 minutes, just ahead of last year's winner, Barry Roydon (Medway). The S&R team (of 6) finished in 83rd place with a fine run from Mike Gibbon (329th) and support from John Rorke (586), Phil Rogers (588), Chris Richards (572), Dennis Woodward (875), Tony Mundy (884), Derek Balsdon (973) and Mick Whybrow (976).

REMINDERS
1. Feb 14 - Wessex (Ringwood) at 11.45 am
2. Feb 20 - last Hants League (IBM Havant) (inc. Hants Vets XC Champs.)

3. Feb 27 - National XC Champs. at Parliament Hill. S&R must select 9 to run - 6 will score.
PLEASE CONFIRM YOUR INTEREST WITH TONY - STUBB. 867597.

4. Mar 14 - Wessex (Bournemouth) - 2.45 pm

MONDAY NIGHT RUN - Committee

There is an increasing band of runners meeting at The Parson's Collar at Whiteley on Mondays and which is beginning to cover all abilities. EVERYONE IS WELCOME to join in - it is safe, well lit and flat generally but with hills available, if necessary.

ARTICLES - Chairman

It is great to have some new contributors to The Green Runner - keep it up and let's have some more of the same.
Ed: Hear! Hear! The less I have to write the better!

SOCIAL EXTRA - Martin

There is a horse racing night at Locks Heath Sports & Social Club on Saturday, 13th February. Tickets £2 from the bar.

BIATHLON - Roger

We have two teams entered in the Portsmouth event on February 28th.
Forthcoming events:-
Mar 28th - HMS Daedalus (5k run, 30k bike, 5k run).
Apr 4th - Bournemouth (400m swim, 20m bike, 4m run).
Apr 18th - Winchester (500m swim, 22m bike, 6m run).
Apr 25th - Ringwood (600m swim, 30m bike, 8m run).
May 16th - Wimbourne (400m swim, 25k bike, 6.4k run)

SORRY! - Dennis

Sorry that you have had to reach for your glasses to read this page but I have been overwhelmed by last minute snippets! Please try to observe the deadlines on page 8.

SGR TRAINING SCHEDULE 1993 PART 1

- Coaching Committee

Week	Tuesday 6.30 Stubbington	Thursday 7.00 Locks Heath	Key Races - XC & HRRL Saturday	Sunday	Mileage Tot (long)
04-10 Jan	8/12x400 (90>>45 sec)	8xA27 roller		TR(SGR)/WXC	50 (12)
11-17 Jan	Paarlauf	2xTitchfield 8	XC Southerns		45 (15)
18-24 Jan	4x1 mile (90secs)	12xshort hill		TR(Eastleigh)	55 (15)
25-31 Jan	5x1km (60sec)	8xA27+loop			55 (20?)
01-07 Feb	12 min O/B (3 min)	2xTitchfield 8 TT			60 (20)
08-14 Feb	12x40 sec (40 sec)	Hilly Route		TR(QE)/WXC	60 (12-15)
15-21 Feb	5x1mile (90 sec)	14xshort hill	XC IBM		65 (20)
22-28 Feb	8x600 (250)	12xSoton hill	XC National		70 (15-20)
01-07 Mar	6x1km (60 sec)	10xA27 roller			80 (20+)
08-14 Mar	16x30 sec (30 sec)	2xTitchfield 8 TT		Pompey ½/WXC	70 (20)
15-21 Mar	6x1 mile (90 sec)	16xshort hill		HRRL 10k	65 (20?)
22-28 Mar	Acceleration	Hilly route			50 (20)
29-04 Apr	3xSeafield circuit	Paarlauf			55 (15-20)
05-11 Apr	Salterns Intervals	2xTitchfield 8 TT			50 (15)
12-18 Apr	Lee Grass circuits	Trail run		London Mar	? (12/Mar)
19-25 Apr	Accelerations	Trail run		S. Coast Mar	? (Mar)
26-03 May	Trail run	S of N Fartlek		HRRL (10k)	10 max.

NB Please do NOT take the total mileage and long run distance too literally - they must be geared to an athlete's individual programme of racing and training. If in doubt, ask one of your club coaches.

WHO READS THEIR NEWS?

- Di

OK, who reads the newsletter? Or, does everyone have a pet like Richard Foster and use it as flooring for the cage?!
Test your memory and try the questions below - they all relate to 1992 newsletters:-

1. Which month did four photos appear and what were they of?
2. What is the answer to the joke "what do you call a man with a spade on his head?"?
3. In which month did the club raise £85 for the Macmillan Nurses?
4. Who won the club personality Award for 1992?
5. Which month did five members nip off to France and run for 24 hours? Can you name the two lady coaches who went with them?
6. Who was the "star" of the month of May for winning the Otterboune Fun Run?
7. Who got lost between Keyhaven and Lymington during the South Coast Relay?
8. Who got lost on the tenth leg between Farlington and Emsworth?
9. Who wrote "don't be intimidated and try the summer track meetings"?
10. Which month was the 6.5 special race held? (Hint: the stinging nettles were growing!)
11. How many of our members ran this race 88/68/52?
12. Who wrote in March, "Beer is commendable, wine is acceptable, spirits is damnable"?
13. Who advertised the dreaded "hooped green and white vest for sale? (Hint: he's always at the committee meetings.)
14. Which month did "Steps" Running Shop advertise that our new kit was now on sale in their shop?

Answers: on back page.

SOCIAL - Sandy, Jackie & Peter

1. Harry - thanks for your suggestion about an outing to Goodwood or Fontwell in the summer. We're working on it, so WATCH THIS SPACE!
2. Thanks to George and Jean Childs for organising the spendid bowling night at the GX Bowl. Almost 60 SGR's had a thoroughly enjoyable evening and many more people have asked if we can have these bowling nights more often.

HOSPITAL - Gary

Having visited the Golden Bowler on a quiet Sunday evening, I was greeted by chants of "I thought you were dead!" and "I expected to see you in a wheelchair" from a sober Siân Mundy - drinking lime juice - who says nothing changes?!
My hospital diary.....

SUNDAY, DECEMBER 6th

Check in, then left for ½ hour to listen to an old man whinging about the NHS. Missed the menu for dinner so had to have left-overs - sent to X-ray - questioned why my BACK was being X-rayed - they thought I was in for a SPINAL decompression! - had a sleepless night listening to the pensioners' male voice choir snoring from the depths of their diaphragms and nurse eating crisps.

MONDAY

Having not eaten since previous lunchtime, I have to endure the smell of everyone else's while I await my "op" - woke in post "op" ward at 2 pm, 3 hrs after having been hit on the head with a mallet - quick glance round told me the average age of the ward was 80 - no tea but managed to evade the gaping, toothless mouths of the dear old ladies by getting myself and two others wheeled into a private room to watch TV. - conned the nurse out of toast and tea!

TUESDAY

Back to ward 1 - greeted by knowing grins ('e 'urts) - missed the menu so left-overs again - "beds please" meant part two of "The Choirboys' Concerto" - no sleep again means I'm starting to get irritable after three sleepless nights!

WEDNESDAY

Last day - breakfast (rice crispies, toast, coffee and orange juice), heaven - a DIY bed bath (not ill enough to have one done FOR me!) - physio sat me up, gave me a pair of crutches and a push, ouch! - the shins weren't this painful before - missed the menu AGAIN - plate of veg. for lunch - Bev C. arrived - wheeled to car and taxied home.
I would have the op again, if necessary but I would order my meals in advance next time!
PS (January Edition) Kay, although I had my trolley pushed round the supermarket for me, I was NOT sitting in it at the time!

TEN PIN BOWLING - George and Jean

The Club's night out at the Ten Pin Bowling Alley in Fareham proved to be a huge success with over fifty members bowling. Star performer was Jean Childs who led the way by breaking the 500 barrier with a three-game total of 501. Runner-up, and winner of the men's division, was George Childs with a total of 477. The two runners-up were fine performances by Dennis Woodward (421) who just pipped Stephanie Savill (420). The third lady and fifth overall (well done, ladies, 3 out of 5) was a guest, Lesley Ford (400), just ahead of Martin Wellstead (397). Some other noteable scores were by Kevin Stote (a guest, 377), John Armon (373), Ian Lewis (371), Kath Gauntlett (guest, 356), Pauline Sharp (guest, 319) and Mandy Boyd (297). Martin Roberts (302) had the best score of our younger bowlers. Finally, it was rumoured that a ropeless horizontal bungee- jumper was spotted leaping down lane 7! But it turned out to be John Vose, who had forgotten to let go of the ball!

	Total	Best Game
George Childs	477	183
Dennis Woodward	421	166
Martin Wellstead	391	137
Kevin Stote (G)	377	136
John Armon	373	146
Ian Lewis	371	159
Tony Emberson	344	168
Doug Roberts	325	128
Dennis Mills (G)	310	117
Martin Roberts	302	106
Brian Ford (G)	301	110
Andy Lamb (G)	299	109
Clive Millard	297	106
Glenn Jarvis	276	111
Mike Boyd	266	97
Terry Wright (G)	258	124
Chris Sharp (G)	254	93
Mike Laws	241	111
Richard Foster	236	80
Glynn Balsdon	234	88
Gareth Balsdon	229	89
Norman Hall	220	96
John Vose	207	84
Mick Whybrow	168	63

	Total	Best Game
Jean Childs	501	174
Stephanie Savill	420	172
Lesley Ford (G)	400	173
Kath Gauntlett (G)	356	128
Pauline Sharp (G)	319	149
Mandy Boyd	297	124
Joan Vose	288	124
Sonya Emberson	280	100
Wendy Wellstead	274	112
Margaret Jones	268	105
Sheila Millard	235	92
Maureen Jarvis	234	95
Julie Laws	228	91
Wendy Newman (G)	227	97
Yvonne Mills (G)	224	92
Lorraine Stote (G)	223	90
Lynne Wellstead	217	82
Marion Wright (G)	217	86
Di McEwen	214	80
Meg Roberts	207	77
Marion Hall (G)	207	88
Pam Foster	205	85
Sandie McDowell	196	68
Pat Woodward	183	68

ACCOMMODATION WANTED - Barry

I am looking for a room to let or house to share in the Fareham area for the next six months. If anyone can offer either, please give Barry Hawkins a ring on Titchfield 841176.

MOST RACES - Chris Farrant

While I can claim to have taken part in 34 road races at home and abroad last year, in no way did my performances come even close to those of George Childs.
I just hope that, when I am as "young" as George, I am still running, never mind running consistently well and setting pb's most weeks as George did last year!

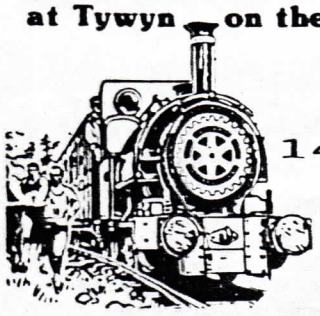
THANKS - Di

.... to all the cooks in our club. Due to their marathon efforts in their kitchens, we yet again had another "edible success" at the Today's Runner Event. Also, thanks to those who brought sumptuous cakes to the 10k race café.
Due to your sterling efforts on the food front, we covered our costs, paid for the hire of Wickham Hall and made a small profit for the club funds.
This event is always a success because Chris Richards puts in large amounts of his spare time. This year as usual, he was up in the early hours of Sunday morning with Martin setting up the course, checking it, then marshalling it and, after everyone else had gone home, he ran round it again collecting up any pieces of plastic tape or rubbish so that the woods were left as we found them.
His band of marshalls are to be admired and thanked for standing out in exposed positions on the course in the most unpleasant conditions, ensuring that no-one gets lost or hurt.
As for my team of workaholic volunteers back at the hall, the time just whizzes by buttering 360 rolls, filling them, cutting up cakes and quiches that have been given to us. The team work is so intense that we are oblivious to the weather that our poor team mates are having to contend with by running their hearts out for the club. So it is a very welcome sight to see you all make the effort to come back to the hall and eat up everything. Thanks again!

CLUB CAMPING W/E - Gary

RACE THE TRAIN

at Tywyn on the Mid Wales Coast



COURSE 14 MILES, MAINLY CROSS COUNTRY

Saturday, 14th August 1993

ALSO JUNIOR RACE and FUN RUN

Closing date 2nd August
Limit of 1250 for Senior Race
Full details from Rotary Club of Tywyn, c/o 20 Morfa Crescent, Tywyn, Gwynedd 9-72
(please enclose SAE), or phone Twyyn 0654 710607 during office hours

It has been suggested that this race might make a good w/e camping trip. Further details see/ring Gary Bradley (L/H 582306)

LEGAL DRUGS? - Harry

Drugs in sport is a subject about which more has been written than any other. Whether it is the modus operandi, the morality or the money involved, it's a debate that simply will not go away.
But there's a grey area to the drugs' debate which doesn't get the attention it should, and that is enzyonic aids. From altitude training to vitamin megadoses, there is a whole range of aids, some of which work but some of which attract more controversy than others. To unravel the mysteries of this subject, when is a food a food and when is it a drug? There is a product called ERGOMAX, which is causing attention because of comments made about CREATINE which is a substance produced naturally by the body and is also available as a supplement.
Several knowledgeable people believe that CREATINE should be banned by the IOC because of its positive effect on performance. It has been widely reported that several medal winning athletes at last summer's Olympics used a CREATINE supplement with IAAF's knowledge. There seems to be no doubt that CREATINE does boost performance. As it is a substance that is found naturally in the body, it would be very difficult for any sport's body to ban it!
I am sure that this debate will continue but at the moment ERGOMAX containing CREATINE is on sale legally at around £40. What do you think about CREATINE? Should it be banned? How could it be banned? Let's hear from you!

THANKS, GEORGE! - Committee

Thank you, George, for a great evening at the GX Superbowl where some 50 members had a super time on Friday 22nd. Most of us got the hang of the bowling part of the evening but the electronic controls seemed to be a law unto themselves. Did anyone manage to beat George and Jean? I believe John Armon and Lesley Ford got within a point or two. Regrettably, Martin Roberts won the battle with the chairman 2-1!

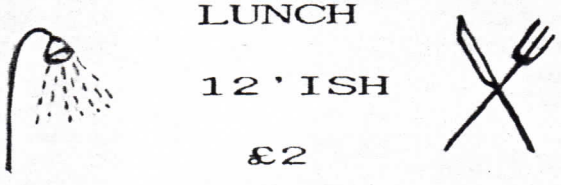
IN DAYS GONE BY - Editor

SGR NEWSLETTER No.2 (WINTER 1985)

My copy of this newsletter contains a "welcome to the club" letter written on the reverse side by Andy Rogers - in green ink, of course! Bids for this in a sealed envelope, please!
The newsletter contained a first fixture list, first kit list and a list of most of the members at the time. There were also the first sayings of "the man with no socks" who said "always encourage new members - particularly those new to running; get them to come along and try it they may like it!".
Another appeal for runners to pay their £1 subs and at club meetings, to observe the quaint ritual of dropping any loose change into "the shoe", as it was passed round. As I remember it, this served two purposes: it boosted the club funds and also meant that Phil's shoe wasn't waved under your nose for too long!
The "stop press news" was that the club was now AAA approved.
Extracts from No.3 next month, including the times of some well known names in the Haslemere 10k (1985). Those wishing for their times not to be published can write and request this on the back of a tenner!

PORTSMOUTH MARATHON 2 - Doug

March 14th at U.S. Hockey Club, Burnaby Rd.
Post Race "Do"



Names to Doug Roberts (Stubb. 662256)

Veggies catered for!

LOST PROPERTY - Doug

I have a white T-shirt from Southampton Half Marathon in my possession - probably acquired from a Today's Runner Event - medium size. Any claimants ring Stubb. 662256.

TO HARRY - George

Thank you for the kind words about the number of events completed during 1992. It was actually about 44 events!

NEW BOOKS - Coaching Committee

The club have purchased four new books which have been added to our "club library" at Andy's house. These are available for any member to borrow. A full list was published last year and I will try to remember to repeat the full list next month. New titles:-
Treating Sports Injuries the Natural Way - Lyle W. Morgan II
Stretching - Bob Anderson
Training Distance Runners - Davis E. Martin & Peter N. Coe
Sports Nutrition - Steve Wootton

SGR RANKINGS - Dennis

Rather than have a blank sheet of paper, I am printing some more details best times that are on my computer. Thank you, Mark, for correcting my figures last month. I have updated your times and reprint them below. I have then started listing AFTER last month's list and have listed in "10k best order".

		5m	10k	10m	½Mar	Marathon
Mark Wellstead	SM	26.53	32.46	54.46	1.14.40	---
Richard Mannion	SM	27.43	34.30	---	1.16.43	---
Phil Southall	MV2	---	34.30	56.17	1.18.48	2.55.30
Mike Gibbon	SM	27.44	34.34	57.11	1.15.33	2.55.29
Paul Rogers	SM	27.15	34.40	65.50	1.24.40	---
John Armon	MV1	28.02	34.52	56.25	1.17.01	3.01.20
Christopher Hall	SM	28.39	34.57	56.13	1.15.59	3.15.10
Christopher Brittain	MV1	28.04	35.10	57.53	1.16.53	3.00.18
Paul Christmas	MV1	27.58	35.29	57.17	1.15.49	2.42.18
Roger Wellstead	MV1	28.30	36.02	58.55	1.19.36	3.04.30
Tony Sullivan	SM	---	36.26	59.30	1.18.44	3.28.??
David Pond	SM	---	36.31	61.43	1.25.06	---
Bill Smith	SM	35.??	36.38	---	---	4.??.??
Dennis Woodward	MV1	28.46	36.39	59.26	1.20.19	2.58.00
William Flanagan	SM	---	36.40	---	1.21.55	---
Derek Flack	SM	---	36.43	64.13	---	---
Roy Lacy	SM	---	36.45	63.03	1.43.??	---
Anthony Mundy	MV1	29.33	37.05	60.18	1.20.10	3.05.34
Penny Forse	FV1	30.??	37.09	---	1.25.11	2.55.37
John Rorke	SM	29.32	37.11	62.45	1.27.24	---
Simon Hearnden	SM	---	37.16	62.??	---	---
Lee O'Connor	SM	28.09	37.17	58.58	1.25.38	---
Richard Hatton	MV1	30.57	37.21	62.33	1.22.39	3.14.03
Beverley Brown	SF	29.??	37.29	60.35	1.20.39	3.00.23
Rex Legge	MV2	---	37.33	61.50	1.21.55	---
Michael Laws	SM	27.??	37.47	55.??	---	---
Bob Knight	MV1	29.07	37.48	61.40	1.22.51	3.26.43
Michael Clarke	SM	30.09	38.14	60.??	1.22.??	3.13.42
Richard Mackrory	MV1	---	38.14	61.36	1.18.47	3.08.08
Andy Lee	SM	30.06	38.18	61.08	1.25.42	2.59.58
David Robertson	SM	---	38.29	---	---	---
John Aikman	MV2	---	38.33	63.33	1.23.29	---
Kevin Day	SM	29.50	38.33	61.38	1.22.35	3.15.10
Michael Bell	SM	31.27	38.40	63.48	1.26.01	3.42.03
Chris Richards	MV1	31.01	38.40	62.59	1.24.30	2.58.41
Gary Bradley	SM	30.12	38.47	64.03	1.24.37	3.33.30
Nobby Hall WO(PT)	MV1	---	38.48	64.??	---	---
David Cummins	MV1	31.42	38.53	68.22	---	3.47.23
David Swanbrow	MV2	---	38.55	63.39	1.24.47	3.16.10
Stan Latham	MV1	---	38.56	67.39	1.23.28	---
Alan Davis	MV1	---	38.59	62.25	1.23.24	---
Stephen Warner	JM	---	39.05	---	---	---
Steve Jones	SM	30.30	39.07	66.17	1.33.15	---
James Ramswell	SM	---	39.08	---	1.26.30	---
Katie Rock	SF	36.43	39.13	65.35	1.26.20	3.39.16
David Rock	SM	---	39.21	86.23	1.34.35	---
Glenn Jarvis	MV1	32.29	39.24	66.07	1.25.57	3.47.01
John Vose	MV2	31.49	39.30	65.56	1.29.26	4.18.??
Robert Allen	MV1	---	39.36	70.18	1.31.??	3.54.55
Trevor Willcocks	SM	33.44	39.39	69.31	1.32.30	---
Clive Millard	MV1	---	39.41	72.05	1.31.38	3.44.21
Alison Ridd	SF	35.22	39.41	68.??	1.27.14	---
Max Arthur	SM	31.15	39.45	69.55	1.34.53	---
Jonathon Slater	SM	31.20	39.51	66.30	1.27.05	---
Stephen Armstrong	MV1	---	39.57	65.59	1.32.08	---
Chris Farrant	SM	31.55	39.57	64.56	1.26.29	3.41.59

DIARY DATES - Editor

FEBRUARY		
Sun 7th		Chichester 10k - 11 am (Closed)
Tue 9th		Open Social Meeting, Golden Bowler - 9 pm
Sun 14th		Wessex XC, Poole
Sun 14th		Today's Runner League, QE Country Park (Portsmouth) - 11 am
Fri 19th		Barn Dance, 7.30 pm - Victory Hall, Warsash
Sat 20th		Hants XC League, IBM Havant (incl. Hants Vets XC Champs - closed)
Sat 20th		Women's National XC Champs., Luton
Sat 27th		Men's National XC Champs., Parliament Hill
Sun 28th		Winchester 10m - 11 am (Closes 21.2.93)
Sun 28th		Fleet XC, Tweseldown (U.9 to vets!). Entries & races from 10 am.
Sun 28th		Marnhull (Dorset) 4k Fun Run (10-16 yrs) - 11 am
Sun 28th		Marnhull (Dorset) 12k - 11.05 am (Closes 20.2.92 or extra 50p on day)
Sun 28th		Portsmouth Triathletes Biathlon, Waterlooville (Non AAA)
MARCH		
Tue 2nd		Committee Meeting - 8.30 pm
Sun 7th		Milford 16k Pebble Dash - 11.30 am (Closes on day but extra 50p) Non AAA.
Tue 9th		Open Social Meeting, Golden Bowler - 9 pm
Sun 14th		Portsmouth ½-marathon - 9.45 am (Closes 20.2.93)
Sun 14th		Portsmouth Junior Fun Run (2½ mls) - 9.50 am (Age 6-17 yrs)
Sun 14th		Hastings ½-marathon - 10.30 am (Accepts late entries)
Sun 14th		Wessex XC, Bournemouth
Sun 14th		Salisbury Firemen's Fun Runs (10.15 am 1-8yrs; 10.30 am 8-14 yrs)
Sun 14th		Salisbury Firemen's 10k - 11 am (No closing date)
Sun 21st	HRRL/CC	Eastleigh 10k - 2.30 pm (Closes 5.3.93)
Sun 21st		Worthing 20m - 10 am (Closes 13.3.93)
Sun 21st		Fleet ½-marathon - 12.15 pm (Closes 28.2.93)
Sun 28th		Reading ½-marathon - 10 am (Closes 1.3.93)
Sun 28th		St. Dismas 10k (Soton) - 10.30 am (Closes 24.3.93)
APRIL		
Sun 4th		9th Totton 10k - 2.30 pm (Extra £1 after 13.3.93)
Tue 6th		Committee Meeting - 8.30 pm
Sat 10th		Newport-Ryde 7 mls - 3 pm (Closes 3.4.93)
Sat 10th		Bournemouth Lanz Quarter Marathon - 3 pm (Closes on day)
Mon 12th		West Wight 3 Hills, Freshwater (7 mls) - 2 pm (Closes 3.4.93)
Tue 13th		Open Social Meeting, Golden Bowler - 9 pm
Sun 18th		London Marathon - 9.30 am (Closed)
Sat 24th		Pre-race Pasta Party, St. Vincents College
Sun 25th	CC	Lederle South Coast Marathon - 11 am (Closes on day)
Sun 25th		Bournemouth Bay ½-marathon (Closes 9.4.93)
Sun 25th		Bournemouth Bay 3ml & 1ml Fun Runs (Closes 9.4.93)
MAY		
Sun 2nd	HRRL	Chandlers Ford 10k
Sun 2nd		Havant ½-marathon
Sun 2nd		Bourne Valley ½-marathon - 11 am
Sun 2nd		Bourne Valley 2½ & 5 mile fun runs
Tue 4th		Committee Meeting - 8.30 pm
Sun 9th	CC	Alton 10
Tue 11th		Open Social Meeting, Golden Bowler - 9 pm
Sat 15th		IOW Marathon, Ryde
Sat 15th		"The Hollies" Concert. Southampton - 8 pm
Sun 30th		Ropley 10k - 11.30 pm (Closes 10.5.93)
Sun 30th		Downland 10k - 11 am (Closes 14.5.93)

HRRL = HAMPSHIRE ROAD RUNNING LEAGUE RACE
CC = Hants AA Road Race County Championships
All races are AAA certified unless indicated.
For entry forms, please contact:- Di McEwen (Stub. 662091)
39 Cuckoo Lane, Stubbington, Fareham, PO14 3PE.

FEBRUARY DEADLINES - Editor

Friday, 26th February - Articles deadline
Monday, 1st March - Snippets deadline
Wednesday, 4th March - Publication

QUIZ ANSWERS - Editor

Yes, "editor" - Di lost her answers!

1-June (Solent Way). 2-Doug. 3-June. 4-Chris Brittain. 5-June. 6-Alasdair Ewing 7-Dennis Woodward. 8-Mark Wellstead & Phil Rogers. 9-Tony Mundy. 10-September. 11-68. 12-Harry Harper. 13-Andy Rogers. 14-Sept.

EASTER IN GUERNSEY - Martin

This Easter weekend (Friday 9th April - Monday 12th April) comprises of four races at four different distances. All standards of runners are welcome. You can enter as many races as you like. The w/e has a reputation for its good quality right through the different standards. There is also a full social programme arranged for your pleasure. For details of race entry, travel, accommodation etc. please ring Martin Wellstead (L/H 572838).

The Lederle South Coast Marathon

A consortium of our clubs is organising the second
Lederle South Coast Marathon
on

Sunday 25 April 1993

Starting at 11am.

We shall need lots of help with marshalling.

If you are not running in the event
but would like to assist,

PLEASE

make a note of the date in your diary,
fill in the details below,
and give reply slip to
your club organiser.

.....

I should like to help marshall
The Lederle South Coast Marathon

Club BRR / SGR / PJC (Please circle)

First Name .....

Surname .....

Address .....

.....

.....

Postcode .....

Tel No .....

STUBBINGTON GREEN RUNNERS

are organising a trip to see

THE HOLLIES

on their 30th anniversary tour at the

MAYFLOWER THEATRE, SOUTHAMPTON

on

Saturday, 15th May 1993

at 8 pm

Coach travel from Stubbington with pick up points at Peak Lane, Fareham and B & Q, Park Gate.

Everyone welcome - bring your friends.

Tickets: £15 (including coach travel)

Please return your form and money by 31st March 1993.

.....

SGR TRIP TO THE HOLLIES

I/We would like to attend:-

Name	Phone	Pick-up point
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

Please make your cheques payable to "SANDY MCDOWELL" and send/ give to:-

Sandy McDowell	Jackie Cummins	Peter Savill
27 Dibles Road	27 Seamead	38 Wild Ridings
Warsash	Stubbington	Fareham
Southampton	Fareham	Hants
SO3 9HY	PO14 2NG	PO14 3BU
0489-582020	0329-664453	0329-845404

STUBBINGTON GREEN

10K

AAA RRC
CERTIFIED ACCURATE

British Association of Road Races
Grade I

Sunday 3rd January 1993
Stubbington Village Centre
11.00 a.m.

Incorporating
Hampshire Road Race League
Hampshire Police 10K Road Race Championship

STUBBINGTON GREEN RUNNERS

STAR RANK

PREST · A · FAIRE

RESULTS

Stubbington Green 10K Prizes

Mens Prizes (Boots Tokens)

Seniors

1	£120
2	£75
3	£60
4	£50
5	£45
6	£40
7	£35
8	£30
9	£25
10	£20
11	£15
12	£10

V40

1	£60
2	£30
3	£10

V45

1	£30
2	£15
3	£5

V50

1	£25
2	£10

V55

1	£15
2	£5

V60

1	£10

V65

1	T-shirt

Local Unattached

1	T-shirt

Oldest Man T-shirt

Wheelchairs 1 £35 Boots Tokens

Ladies Prizes (Boots Tokens)

Seniors

1	£80
2	£40
3	£30
4	£20
5	£10

V35

1	£40
2	£20
3	£10

V40

1	£25
2	£10

V45

1	£15
2	£5

V50

1	£10

V60

1	T-shirt

Local Unattached

1	T-shirt

Oldest Lady T-shirt

Team Prizes

Men			Ladies		
1st Team	Tracksters	(x4)	1st Team	Helly Top	(x3)
2nd Team	Shorts	(x4)	2nd Team	T-shirt	(x3)
3rd Team	T-shirt	(x4)			

Prizes were awarded such that a Veteran runner who qualified on time for a more valuable prize in a lower age group, was awarded that prize.

STUBBINGTON GREEN 10K
3rd January 1993

REPORT This year the entry limit of 1200 was passed by the end of November, and very many keen runners were disappointed by attempting to enter too late. Like last year, over 200 entry forms had to be returned.

940 runners completed the course on a day that was almost ideal for the race. Although the morning started off cold and frosty, by the start time the frost had mostly cleared away, and it was bright and sunny with a very light easterly wind.

Our efforts to separate the runners from the traffic at the finish by coning off the left hand lane from the roundabout seemed to be an improvement, but at least one motorist seemed to get totally lost and caused confusion.

This year there was a children's fun run which was open to children between the ages of 7 and 14. The children seemed to enjoy it, and we will probably continue with the run next year.

COMMENTS Stubbington Green Runners would welcome constructive comments, criticisms, or suggestions which would help us improve the event.

THANKS Thanks are due to many people, without whom the race could not run. There is not enough room to list all of them, but some are listed below:

John Lofts, our referee.

David Churcher and his team of time keepers.

Richard Dean for speedy and efficient results.

Inspector David Lucas and the local Police.

HMS Daedalus & HMS Sultan for loan of barriers.

Crofton Secondary School and Crofton (Anne Dale) School for use of car parks.

Hendy Ford for supplying 2 vans.

Headmasters for supplying water & electricity at the finish line.

Jog-n-Run who donated the spot prizes.

St. John Ambulance

Southampton Hospital Radio

The many Stubbington Green Runners, and their friends and families who devoted so much time and effort to make the race successful.

CHARITIES Again this year we were unable to find a sponsor, but we were able to donate £550 to local charities on race day, and have since increased this to over £1,000.

1994 Next year's race will be held on Sunday 9th. January 1994. Please remember that if you wish to enter, you need to do so early to get in.

PRIZEWINNERS

MEN

Senior				
1st	Mark Cooper	Southampton City A.C.		30.34
2nd	Adam Bridge	Southampton City A.C.		31.08
3rd	Nigel Gemmell	Southampton City A.C.		31.19
4th	John Boyes	Bournemouth A.C.		31.22
5th	Dai Roberts	Portsmouth Joggers		31.28
6th	Daniel Furmidge	Ryde Harriers		31.58
7th	John Bristow	Brighton and Hove A.C.		32.27
8th	Patrick Gale	Havant A.C.		32.31
9th	Timothy Duggan	Havant A.C.		32.35
10th	Paul Edmondson	Bournemouth A.C.		32.44
11th	Stephen Marshall	Stubbington Green Runners		32.52
12th	Vince Stamp	Portsmouth A.C.		32.54
Vet 40				
1st	Gareth Jones (V45)	Southampton City A.C.	(7th overall)	32.23
2nd	William Beardsmore	Hardley Runners		33.50
3rd	Gary Finch	Royal Navy A.C.		34.05
Vet 45				
1st	Martin Duff	Aldershot, Farnham & District A.C.		34.02
2nd	Michael Smith	Southampton City A.C.		34.12
3rd	Mick Anglim	Hardley Runners		34.52
Vet 50				
1st	Collyn New	Unattached, Alton		34.59
2nd	Brian Millo	Havant A.C.		35.28
Vet 55				
1st	Richard Gould	Wessex Road Runners		36.52
2nd	Alan Marsh	Portsmouth Joggers		36.55
Vet 60				
1st	William Davies	South West Veterans A.C.		39.27
Vet 65				
1st	Joseph Turton	Gosport Road Runners		45.57
Teams				
1st	Southampton City A.C.			13 points
2nd	Portsmouth Joggers			62 points
3rd	Havant A.C.			67 points
Local Unattached i.e. Stubbington, Fareham or Gosport Resident				
1st	Michael Carroll	Gosport		37.17
Oldest Finisher				
	Fred Chilcott (75 years)	Unattached, Bognor Regis		59.41

WOMEN

Senior				
1st	Jane Harrop	Havant A.C.		35.22
2nd	Karen Harvey	Bournemouth A.C.		36.34
3rd	Sharon Nutland (V35)	Portsmouth Joggers		37.25
4th	Dawn Penney	Lordshill Road Runners		37.36
5th	Sally Scott	Portsmouth Joggers		38.19
Vet 35				
1st	Tanya Ball	London Olympiades A.C.	(3rd overall)	36.56
2nd	Joan Clarke	Stourbridge R.C.		39.24
3rd	Katherine Newell	Portsmouth Joggers		40.54
Vet 40				
1st	Janice Passfield	Totton R.C.		39.34
2nd	Claire Hall	Portsmouth Joggers		42.32
Vet 45				
1st	Mary Collett	Team Solent		41.59
2nd	Marilyn Crocker	Victory A.C.		45.29
Vet 50				
1st	Jean Palmer	Romsey Road Runners		45.15
Vet 60				
1st	Jenny Kelson	New Forest Runners		55.16
Teams				
1st	Portsmouth Joggers			20 points
2nd	Portsmouth Joggers 'B'			65 points
Local Unattached				
1st	Lorna Gough	Stubbington		45.47
Oldest Finisher				
	Jenny Kelson (61 years)	New Forest Runners		55.16

RESULTS - MEN

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr	Pos.
1	1277	COOPER Mark	Soton City		30.34	1	1	1		
2	832	BRIDGE Adam	Soton City		31.08	2	2	2		
3	835	GEMMELL Nigel	Soton City		31.19	3	3	3		
4	430	BOYES John	Bournemth AC		31.22	4	4	1		
5	740	ROBERTS Dai	Portsmth Jog		31.28	5	5	1		
6	809	FURMIDGE Daniel	Ryde H		31.58	6	6	1		
7	837	JONES Gareth	Soton City	V45	32.23	7	1	4	13	1
8	433	BRISTOW John	Brighton HAC		32.27	8	7			
9	602	GALE Patrick	Havant AC		32.31	9	8	1		
10	601	DUGGAN Timothy	Havant AC		32.35	10	9	2		
11	431	EDMONDSON Paul	Bournemth AC		32.44	11	10	2		
12	905	MARSHALL Stephen	Stubb Grn R		32.52	12	11	1		
13	685	STAMP Vince	Portsmth AC		32.54	13	12	1		
14	838	LANG Drew	Soton City		32.57	14	13	5		
15	820	WALKER David	Ryde H		33.07	15	14	2		
16	593	JEFFERY Alan	Hardley R		33.16	16	15	1		
17	734	O'BRIEN David	Portsmth Jog		33.18	17	16	2		
18	612	PETERS Michael	Havant AC		33.25	18	17	3		
19	711	GUEST Phil	Portsmth Jog		33.33	19	18	3		
20	663	POCOCK Michael	New Forest R		33.34	20	19	1		
21	692	BALL Reg	Portsmth Jog		33.36	21	20	4	62	2
22	818	PERKINS Daron	Ryde H		33.45	22	21	3		
23	806	WHITELEY Christopher	RNAC		33.46	23	22	1		
24	877	CLARKE Ian	Stourbridge		33.46	24	23			
25	589	BEARDSMORE William	Hardley R	V40	33.50	25	1	2		
26	403	DUFF Martin	Aldershot FD	V45	34.02	26	2	1		
27	884	LEWIS Ian			34.03	27	24			
28	788	FINCH Gary	RNAC	V40	34.05	28	2	2		
29	830	HILTON Mark	Sarum Str		34.06	29	25	1		
30	618	WESTERN Phillip	Havant AC	V40	34.11	30	3	4	67	3
31	842	SMITH Michael	Soton City	V45	34.12	31	3	6		
32	896	GUNNER Raymond	Stubb Grn R		34.18	32	26	2		
33	1275	CARTER Paul	Soton RR		34.24	33	27	1		
34	1020	WRANGLE Leslie	Wessex RR		34.26	34	28	1		
35	791	HAWKES Robert	RNAC		34.28	35	29	3		
36	493	BAINBRIDGE Michael	Gosport RR		34.31	36	30	1		
37	1005	HODGES Murray	Wessex RR		34.31	37	31	2		
38	804	STEWART Ronald	RNAC		34.41	38	32	4	124	5
39	621	VALENTINE Keith	Horsham Jog		34.45	39	33	1		
40	761	WISE Malcolm	Portsmth Jog		34.47	40	34	5		
41	863	TEW Shaun	Soton RR		34.50	41	35	2		
42	587	ANGLIM Mick	Hardley R	V45	34.52	42	4	3		
43	679	ANDREWS Ian	Portsmth AC		34.55	43	36	2		
44	561	JEFFS Philip	Hants Police		34.57	44	37	1		
45	780	HARRIMAN Julian	RM Band		34.58	45	38			
46	1186	NEW Collyn		V50	34.59	46	1			
47	410	CHILDS Samuel	Andover D AC		35.07	47	39	1		
48	622	WILSON Stephen	Horsham Jog	V40	35.08	48	4	2		
49	485	RICHARDSON James	Frome AC		35.10	49	40			
50	794	KENEALY Tim	RNAC	V40	35.13	50	5	5		
51	464	WALKER David	Denmead Str	V45	35.15	51	5	1		
52	821	WATKIN Geoff	Ryde H	V40	35.15	52	6	4	95	4
53	956	KING Kevin	Totton RC		35.19	53	41	1		
54	786	DODWELL Roy	RNAC	V45	35.26	55	6	6		
55	829	HAIMES Christopher	Sarum Str		35.28	56	42	2		
56	864	VEAL Stephen	Soton RR		35.28	57	43	3		
57	610	MILLO Brian	Havant AC	V50	35.28	58	2	5		
58	706	DUCKWORTH John	Portsmth Jog	V50	35.32	59	3	6		
59	811	GARDNER John	Ryde H		35.38	60	44	5		
60	1231	SMITH Ian	Havant AC		35.40	61	45	6		
61	752	SPURGE Paul	Portsmth Jog		35.42	62	46	7		
62	442	DOBSON Tim	Chichester R		35.47	63	47	1		
63	963	REES David	Totton RC		35.49	64	48	2		
64	596	BOXALL Ian	Haslemere B		35.49	65	49	1		
65	459	EDNEY Nigel	Denmead Str		35.52	66	50	2		
66	729	MARSH John	Portsmth Jog		35.54	67	51	8	225	11
67	823	WOODFORD Jonathan	Ryde H		35.55	68	52	6		
68	594	NOKE Ray	Hardley R	V40	35.58	69	7	4	151	6
69	683	IZOD Michael	Portsmth AC	V40	36.02	70	8	3		
70	473	SHEEHAN Brendan	Eastleigh RC		36.04	71	53	1		
71	592	ELDRED Mark	Hardley R		36.07	72	54	5		
72	616	SKINNER Stephen	Havant AC		36.10	73	55	7		
73	944	WILSON Robert	Team Solent		36.15	74	56	1		
74	681	CARSON-JONES Simon	Portsmth AC		36.17	75	57	4	199	7
75	450	TURNER Brian	Chichester R	V40	36.20	76	9	2		
76	513	JOHNSON Andrew	Gosport RR		36.24	77	58	2		
77	739	ROBBINS Stephen	Portsmth Jog	V40	36.25	78	10	9		
78	518	LOVIBOND Mark	Gosport RR		36.27	79	59	3		
79	857	PENGILLY Martin	Soton RR		36.27	80	60	4	209	8
80	844	THOMPSON Robert	Soton City		36.28	81	61	7		
81	1169	McSORLEY Michael			36.29	82	62			
82	447	POTHECARY David	Chichester R	V40	36.30	83	11	3		
83	923	YOUNG Peter	Stubb Grn R		36.30	84	63	3		
84	825	JEFFERY Robin	Salisbury AC	V45	36.32	85	7			
85	406	RHIMES Godfrey	Alton Jog		36.34	86	64	1		
86	841	SIZELAND Eliot	Soton City		36.35	88	65	8	211	9
87	895	FLACK Derek	Stubb Grn R		36.43	89	66	4	214	10
88	704	DINE Roger	Portsmth Jog	V40	36.45	90	12	10		
89	674	PARRY Mo	Overton H AC	V45	36.45	91	8	1		
90	511	HITCHING Darren	Gosport RR		36.46	92	67	4	280	12
91	1249	TAYLOR Keith			36.48	93	68			
92	856	KILCOYNE Paul	Soton RR		36.49	94	69	5		
93	756	WARING Peter	Portsmth Jog		36.50	95	70	11		
94	689	AITKEN Peter	Portsmth Jog	V45	36.52	96	9	12	352	15
95	649	TANDY Bruce	Lordshill RR		36.52	97	71	1		
96	1003	GOULD Richard	Wessex RR	V55	36.52	98	1	3		
97	722	HOLLAND Andrew	Portsmth Jog		36.53	99	72	13		
98	991	SKINNER Alan	Victory AC		36.54	100	73	1		
99	728	MARSH Alan	Portsmth Jog	V55	36.55	101	2	14		
100	839	RUSHTON Alan	Soton City	V50	36.55	102	4	9		

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr	Pos.
101	858	ROOTS David	Soton RR	V40	36.56	103	13	6		
102	695	BINDING Eric	Portsmth Jog		36.59	105	74	15		
103	563	LACEY Gavin	Hants Police		37.02	106	75	2		
104	1254	TURNBULL Graham			37.03	107	76			
105	1151	LANE Roger			37.05	108	77			
106	834	CROOK Michael	Soton City		37.05	109	78	10		
107	484	RUSSELL Geoffrey	Forres H	V40	37.06	110	14			
108	851	BATTEN Kim	Soton RR		37.07	111	79	7		
109	962	PILBEAM David	Totton RC	V40	37.09	112	15	3		
110	911	RORKE John	Stubb Grn R		37.11	113	80	5		
111	620	BOTTING Graham	Horsham Jog		37.12	114	81	3		
112	1113	GEARY Anthony		V45	37.13	115	10			
113	650	WILLIS Kevin	Lordshill RR		37.15	116	82	2		
114	790	HALLETT Terry	RNAC	V40	37.15	117	16	7		
115	1067	CARROLL Michael			37.17	118	83			
116	604	GRICE Zippy	Havant AC		37.21	119	84	8	305	14
117	831	O'BRIEN David	Siemens Xch	V40	37.21	120	17			
118	815	LEE Stephen	Ryde H	V50	37.22	121	5	7		
119	836	HEARNDEN Simon	Soton City		37.23	122	85	11		
120	512	JEFFS John	Gosport RR	V45	37.24	123	11	5		
121	807	BLOW Chris	Ryde H	V40	37.27	125	18	8	365	17
122	817	MAITLAND Graham	Ryde H	V40	37.29	126	19	9		
123	637	GREENWOOD Arthur	Liss R	V40	37.33	127	20	1		
124	1074	COLLINS Steve		V40	37.36	129	21			
125	925	CHALK Ron	Team Solent	V55	37.37	130	3	2		
126	597	BUSH Frederick	Haslemere B	V45	37.37	131	12	2		
127	810	FURMIDGE Sean	Ryde H		37.38	132	86	10		
128	1007	HURLIN Anthony	Wessex RR	V45	37.41	133	13	4	295	13
129	814	JOLLIFFE Peter	Ryde H	V45	37.41	134	14	11		
130	745	ROSE Graham	Portsmth Jog	V45	37.41	135	15	16	428	20
131	983	FODEN Graham	Victory AC	V40	37.42	136	22	2		
132	411	COOK Brian	Andover D AC		37.43	137	87	2		
133	448	SLADE Terry	Chichester R	V50	37.45	138	6	4	352	16
134	843	SWITZER Bryan	Soton City	V55	37.54	139	4	12	459	22
135	849	AUGUR Scott	Soton RR		37.56	140	88	8	436	21
136	553	DODD Timothy	Hants Police		38.00	141	89	3		
137	741	ROBINSON Michael	Portsmth Jog	V40	38.00	142	23	17		
138	696	BOYES John	Portsmth Jog		38.03	143	90	18		
139	813	JENKINS Glyn	Ryde H		38.03	144	91	12	517	25
140	479	AGATE Michael	Fittleworth	V50	38.08	145	7	1		
141	921	WOODWARD Dennis	Stubb Grn R	V45	38.09	146	16	6		
142	852	BURT Steve	Soton RR		38.12	147	92	9		
143	707	EDWARDS John	Portsmth Jog	V40	38.15	148	24	19		
144	1261	WILLCOX Lawrie			38.16	149	93			
145	644	HAWKINS Peter	Lordshill RR		38.17	150	94	3		
146	639	RENSHAW Billy	Liss R		38.18	151	95	2		
147	927	COLLETT Michael	Team Solent		38.22	153	96	3		
148	816	LEWIS Christopher	Ryde H		38.22	154	97	13		
149	603	GRACE Stephen	Havant AC	V45	38.23	155	17	9		
150	782	BOON Stephen	RNAC		38.25	156	98	8	368	18
151	654	BIDMEAD Howard	Midhurst Mil	--	38.25	157	99	1		
152	732	NEVITT Keith	Portsmth Jog		38.25	158	100	20	570	27
153	712	HALL Andrew	Portsmth Jog	V40	38.27	159	25	21		
154	929	DAVIS Peter	Team Solent		38.30	160	101	4	499	24
155	531	STARES Michael	Gosport RR	V45	38.32	162	18	6		
156	1206	POND David	Stubb Grn R		38.33	163	102	7		
157	467	CHURCHER Steven	Eastleigh RC		38.34	164	103	2		
158	605	HARROP Andrew	Havant AC		38.36	165	104	10		
159	1023	BENNETT Bernard	WinchesterAC	V55	38.37	166	5			
160	1132	HINDMARSH Philip			38.39	167	105			
161	1095	DURHAM Karl			38.42	168	106			
162	982	ELSON Mike	Victory AC	V50	38.48	169	8	3		
163	686	WARD Brian	Portsmth AC	V55	38.48	170	6	5		
164	1122	HANHAM Richard		V45	38.49	171	19			
165	1218	RILEY Paul			38.49	172	107			
166	727	McINNES Graham	Portsmth Jog	V45	38.50	173	20	22		
167	1094	DUNCOMBE David			38.52	174	108			
168	888	CUMMINS Dave	Stubb Grn R	V40	38.52	175	26	8	575	28
169	937	LAWRENCE Gary	Team Solent		38.53	176	109	5		
170	797	MAY Philip	RNAC		38.53	177	110	9		
171	636	CROSS Malcolm	Liss R	V45	38.53	178	21	3		
172	668	KELLY Robert	NM Runners		38.58	179	111	1		
173	619	GODFREY Terence	HMS Nelson	V40	39.01	180	27			
174	860	SPACAGNA Rae	Soton RR		39.01	181	112	10		
175	779	SINCLAIR Terry	Romsey RR		39.03	182	113	1		
176	1118	GREEN Edward		V40	39.03	183	28			
177	1269	WORT Steven			39.04	184	114			
178	1152	LAWRENCE David			39.06	185	115			
179	697	BRAIN Raymond	Portsmth Jog		39.07	186	116	23		
180	486	TAYLOR John	Gibraltar St		39.08	187	117			
181	532	TUNSTALL Frank	Gosport RR	V40	39.08	188	29	7		
182	539	WILTSHIRE John	Gosport RR	V40	39.08	189	30	8	638	30
183	543	BADGER Martin	Hants Police		39.08	190	118	4	466	23
184	1182	MOORES Anthony			39.08	191	119			
185	955	JONES Ronald	Totton RC	V45	39.10	192	22	4	410	19
186	773	JARVIS Paul	RRC		39.12	193	120	1		
187	1066	CAMPBELL Christopher		V40	39.14	194	31			
188	935	HENSHAW Robert	Team Solent		39.14	195	121	6		
189	936	JONES Colin	Team Solent		39.14	196	122	7		
190	542	BADCOCK David	Hants Police		39.17	197	123	5		
191	438	HALL Stephen	Chase Manhtn		39.17	198	124	1		
192	680	BAILEY Reginald	Portsmth AC	V55	39.21	199	7	6		
193	934	HAYNES Peter	Team Solent	V40	39.21	200	32	8	739	34
194	1274	DARWIN John	Wight Tri		39.21	201	125			
195	598	DAVIDSON Alan	Haslemere B	V45	39.24	202	23	3		
196	898	JARVIS Glenn	Stubb Grn R	V45	39.24	204	24	9		
197	871	DAVIES William	SW Vets AC	V60	39.27	205	1	1		
198	676	GILLINGHAM Scott	Poole AC		39.27	206	126			
199	643	GRIERSON Brian	Lordshill RR	V50	39.34	207	9	4	552	26
200	1026	ABEL Andy			39.34	209	127			

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr	Pos.
201	451	YATES Martin	Chichester R	V45	39.34	210	25	5		
202	926	CLOTHIER Dave	Team Solent	V45	39.37	211	26	9		
203	1279	SMITH Robin	NM Runners	V40	39.39	212	33	2		
204	1181	MOORE Dave			39.42	213	128			
205	501	CROFT David	Gosport RR	V45	39.43	214	27	9		
206	435	DUPUCH Geoffrey	Bdg Research	V40	39.43	215	34			
207	530	SIBBALD Gary	Gosport RR	V40	39.46	216	35	10		
208	441	BLAYLOCK Thomas	Chichester R		39.46	217	129	6		
209	1049	BOLE Robert			39.46	218	130			
210	799	PARKER John	RNAC	V40	39.49	219	36	10		
211	736	PLEACE John	Portsmth Jog		39.49	220	131	24	709	33
212	648	OWEN Andrew	Lordshill RR		39.49	221	132	5		
213	953	HAWKINS Kevin	Totton RC		39.52	222	133	5		
214	1179	MOAT Andrew			39.52	223	134			
215	1241	STAUNTON Peter			39.52	224	135			
216	993	TERRY Derek	Victory AC	V45	39.52	225	28	4	607	29
217	909	RICHARDS Christopher	Stubb Grn R	V45	39.54	226	29	10		
218	483	READINGS John	Fleetlands S		39.54	227	136	1		
219	737	RANKIN Mike	Portsmth Jog	V40	40.00	228	37	25		
220	828	EMM Martin	Sarum Str		40.00	229	137	3		
221	526	PROCTOR Doug	Gosport RR	V40	40.00	230	38	11		
222	778	MADDICK Bruce	Romsey RR	V45	40.00	231	30	2		
223	1002	EGERTON Roger	Wessex RR	V45	40.00	232	31	5		
224	469	DIBDEN Paul	Eastleigh RC	V40	40.03	233	39	3		
225	977	BRAILSFORD John	Victory AC	V40	40.03	234	40	5		
226	1021	YOUNG Bob	Wessex RR	V45	40.03	235	32	6		
227	952	HARVEY Brian	Totton RC	V55	40.07	236	8	6		
228	1088	DE JONGHE Paul			40.07	237	138			
229	819	SWINSTEAD Robert	Ryde H	V40	40.07	238	41	14		
230	1258	WARNE Robert		V40	40.07	239	42			
231	471	HILL Derrick	Eastleigh RC	V40	40.14	240	43	4	682	31
232	1045	BENJAMIN Peter			40.15	241	139			
233	1055	BOWLING Christopher			40.15	242	140			
234	875	PARDEY Malcolm	S Wight AC	V40	40.15	243	44	1		
235	700	BROWN Tony	Portsmth Jog	V40	40.21	244	45	26		
236	678	ROYLE Tony	Pt Moresby R	V40	40.21	245	46			
237	456	TAULBUT James	Cyanamid Jog		40.21	246	141	1		
238	611	MORGANS Graham	Havant AC	V40	40.24	247	47	11		
239	859	SMEETH Stephen	Soton RR		40.24	248	142	11		
240	703	CHANNING Paul	Portsmth Jog		40.24	249	143	27		
241	1272	WRIGHT David			40.26	250	144			
242	421	HAZELL Roger	Bstoke MH AC	V45	40.26	251	33	1		
243	420	GREGORY Adrian	Bstoke MH AC	V40	40.28	252	48	2		
244	1121	HALLETT Daniel			40.30	253	145			
245	958	MASON Simon	Totton RC		40.32	254	146	7		
246	992	SPENCER Ed	Victory AC	V55	40.34	255	9	6		
247	954	HOLT Raymond	Totton RC	V55	40.34	256	10	8	932	40
248	766	LAKE Richard	Portsmth Tri	V50	40.36	257	10	1		
249	1004	HOARE Raymond	Wessex RR		40.38	258	147	7		
250	1209	PRITCHARD John		V40	40.38	259	49			
251	1092	DUGAN Fred			40.38	260	148			
252	760	WILLIAMS Michael	Portsmth Jog	V45	40.41	261	34	28	946	42
253	1276	LEE Andrew	Stubb Grn R		40.45	262	149	11		
254	984	GALLAGHER John	Victory AC	V50	40.49	263	11	7		
255	957	McEVOY Douglas	Totton RC		40.49	264	150	9		
256	792	HIGHAM Steve	RNAC	V40	40.50	265	50	11		
257	1053	BONSOR Glenn		V40	40.54	267	51			
258	1214	READING Timothy			40.56	268	151			
259	1215	REDGROVE Mark			40.56	269	152			
260	969	TIMMS Keith	Totton RC	V40	41.01	271	52	10		
261	476	MADELIN Mark	Farnham R		41.04	272	153	1		
262	446	PETERS Philip	Chichester R		41.04	273	154	7		
263	941	TILLETT Frank	Team Solent	V50	41.05	274	12	10		
264	994	WALKER David	Victory AC	V40	41.08	275	53	8	989	46
265	840	SHAW Stewart	Soton City		41.08	276	155	13		
266	1127	HELLEWELL John			41.10	277	156			
267	868	SMITH Christopher	Soton Tri	V40	41.11	278	54	1		
268	626	WILLIAMS David	IBM Hursley		41.11	279	157	1		
269	424	LITTLEJOHNS Kenneth	Bstoke MH AC	V50	41.14	280	13	3		
270	462	THOMPSON Kevin	Denmead Str		41.16	281	158	3		
271	491	STUBBINGS Richard	Goring RR	V40	41.19	282	55	1		
272	552	DINNELL Lee	Hants Police		41.20	283	159	6		
273	482	PRICE Alan	Fleetlands S	V50	41.22	284	14	2		
274	1062	BUCKETT Michael			41.22	285	160			
275	1100	FEHER Martin			41.24	286	161			
276	1013	PAGE Nigel	Wessex RR	V40	41.25	287	56	8	974	45
277	946	BONEWELL Stewart	Totton RC	V40	41.25	288	57	11		
278	1119	GRUBERT Mark			41.25	289	162			
279	449	SMITH Roger	Chichester R	V40	41.29	290	58	8	950	43
280	1073	COLLETT Clive			41.29	292	163			
281	1131	HILL Ivan			41.31	293	164			
282	972	WRIGHT Peter	Totton RC	V50	41.31	294	15	12	1074	48
283	979	CHOPPEN Greg	Victory AC		41.33	295	165	9		
284	848	AUGUR David	Soton RR		41.35	296	166	12	839	36
285	869	WHITTEN Keith	Soton Tri		41.35	297	167	2		
286	724	HOWSE David	Portsmth Jog	V50	41.38	299	16	29		
287	564	LEECH Maurice	Hants Police	V45	41.38	300	35	7		
288	1247	SWINDLE Iain			41.41	301	168			
289	1163	LYNCH Justin			41.42	302	169			
290	1177	MATTHEWS Timothy			41.42	303	170			
291	1064	BUSH Colin		V50	41.42	304	17			
292	1102	FIELON Alan		V40	41.44	305	59			
293	980	DRURY Peter	Victory AC		41.44	306	171	10		
294	625	SAXTON Roy	IBM Hursley	V45	41.44	307	36	2		
295	886	KINGSWELL Eddie	Victory AC	V45	41.46	308	37	11		
296	494	BARRS Kristopher	Gosport RR		41.46	309	172	12	929	39
297	1183	MORGAN Nick			41.49	310	173			
298	733	NUTLAND Ronald	Portsmth Jog		41.52	312	174	30		
299	702	BYNG David	Portsmth Jog	V50	41.53	313	18	31		
300	800	PARTRIDGE Geoffrey	RNAC		41.53	314	175	12	936	41

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time	Position Over-all	Age Cat.	in Club	Team Aggr	Pos. Pts
					h m s					
301	466	BRADBEER Guy	Eastleigh RC		41.55	315	176	5		
302	914	SUMMERFIELD Tom	Stubb Grn R	V50	41.55	316	19	12	968	44
303	499	COATES Steve	Gosport RR		41.55	317	177	13		
304	1014	SPRINGETT Clifford	Wessex RR	V50	41.59	319	20	9		
305	549	CHAFFIN Philip	Hants Police	V40	41.59	320	60	8	1054	47
306	1153	LEAHY Trevor			41.59	321	178			
307	1144	JORDAN Nicholas			41.59	322	179			
308	894	FARRANT Christopher	Stubb Grn R		41.59	323	180	13		
309	1080	CROWTHER John			42.05	324	181			
310	1232	SMITH Michael			42.05	325	182			
311	624	NICHOLSON Steve	IBM Hursley		42.05	326	183	3		
312	463	TURNER David	Denmead Str		42.05	327	184	4	698	32
313	503	DAWES Ian	Gosport RR		42.08	328	185	14		
314	664	POLLARD John	New Forest R	V50	42.08	329	21	2		
315	415	VINCENT Ian	Andover D AC		42.08	330	186	3		
316	723	HOOKER Bob	Portsmth Jog	V50	42.08	331	22	32	1199	52
317	1170	McSORLEY Stuart			42.08	332	187			
318	1050	BOND James			42.11	333	188			
319	889	DAVIS Alan	Stubb Grn R	V40	42.11	334	61	14		
320	996	KENT Laurie	Waverley H	V45	42.11	337	38			
321	883	BUTLER Tony	Stubb Grn R		42.15	339	189	15		
322	995	WRIGHT Roger	Victory AC	V45	42.15	340	39	12	1193	51
323	912	SALT David	Stubb Grn R	V40	42.15	341	62	16	1271	54
324	1264	WINTON Eddie			42.19	343	190			
325	867	COMPTON David	Soton Tri	V45	42.22	344	40	3		
326	744	ROGERS Malcolm	Portsmth Jog		42.24	345	191	33		
327	933	GORDON Colin	Team Solent	V50	42.24	346	23	11		
328	691	BAILEY Geoffrey	Portsmth Jog		42.28	347	192	34		
329	1097	ELLIOTT Brian			42.28	348	193			
330	1090	DODD Barry		V40	42.28	349	63			
331	1054	BOOKER Gavin			42.28	350	194			
332	850	BARLOW-SIMPSON Bryan	Soton RR		42.32	351	195	13		
333	876	WHEELER Richard	S Wight AC	V40	42.32	352	64	2		
334	1016	WEBB Stephen	Wessex RR		42.32	354	196	10		
335	1266	WOODAGE Stephen		V40	42.32	355	65			
336	1259	WEBB John		V40	42.35	356	66			
337	558	HARVEY Ian	Hants Police	V40	42.35	357	67	9		
338	1262	WILLMOTT Mark			42.40	358	197			
339	747	RUSSELL Michael	Portsmth Jog	V45	42.40	360	41	35		
340	938	OLDING Keith	Team Solent	V50	42.45	361	24	12	1132	50
341	915	TUSSLER John	Stubb Grn R	V40	42.50	362	68	17		
342	497	BRYANS David	Gosport RR	V50	42.50	363	25	15		
343	699	BROTHERWOOD David	Portsmth Jog	V40	42.50	364	69	36	1336	57
344	551	CRISP Alan	Hants Police		42.55	365	198	10		
345	428	THORPE Walter	Bstoke MH AC	V50	42.55	366	26	4	1099	49
346	615	SCOREY Ian	Havant AC		42.57	367	199	12	891	38
347	924	BROWN Anthony	Team Solent	V45	42.57	368	42	13		
348	1184	MORRIS Eryl			42.57	369	200			
349	548	CARTER Nick	Hants Police		42.57	370	201	11		
350	796	MARSHALL Michael	RNAC	V60	43.02	371	2	13		
351	951	GORDON Michael	Totton RC	--	43.02	372	202	13		
352	1047	BIDDLECOMBE John			43.02	373	203			
353	713	HAMILTON Anthony	Portsmth Jog	V40	43.02	375	70	37		
354	416	WOOD Phil	Andover D AC	V50	43.02	376	27	4	848	37
355	504	DAY Roy	Gosport RR	V50	43.02	377	28	16	1313	55
356	784	CORDY Richard	RNAC	V45	43.06	378	43	14		
357	1000	CHASE Colin	Wessex RR	V50	43.06	379	29	11		
358	916	VILLIER Robert	Stubb Grn R	V50	43.10	382	30	18		
359	795	LONG Derek	RNAC	V40	43.10	383	71	15		
360	999	BROMBLEY Bernard	Wessex RR	V45	43.10	384	44	12	1355	58
361	496	BROWN Ian	Gosport RR	V45	43.10	385	45	17		
362	776	HOOPER Gerald	Romsey RR	V45	43.10	386	46	3		
363	559	HEATHCOTE Richard	Hants Police		43.15	387	204	12	1393	59
364	528	RUSSELL Brian	Gosport RR	V50	43.15	388	31	18		
365	1015	WARNE Eric	Wessex RR	V50	43.19	389	32	13		
366	444	GILMOUR Tony	Chichester R		43.19	390	205	9		
367	1202	PICKSLEY Michael		V40	43.21	391	72			
368	866	WILSON Alan	Soton RR	V50	43.23	392	33	14		
369	1221	ROWETT Kevin			43.25	393	206			
370	1008	JONES Terry	Wessex RR		43.25	394	207	14		
371	948	CLARKE Graham	Totton RC		43.25	395	208	14		
372	1223	SHAW Ted			43.25	396	209			
373	826	POOLE Eric	Sandhurst J	V50	43.25	397	34			
374	508	FLAHEY Derek	Gosport RR	V50	43.29	398	35	19		
375	1056	BRADEY Denis		V60	43.29	399	3			
376	990	ROWE Gordon	Victory AC	V40	43.29	400	73	13		
377	426	PHILLIPS David	Bstoke MH AC	V55	43.32	401	11	5		
378	505	EADEN Kenneth	Gosport RR		43.32	402	210	20	1477	60
379	523	MARLOWE Bernie	Gosport RR		43.35	403	211	21		
380	1250	THORBURN William			43.37	404	212			
381	701	BURFORD Brian	Portsmth Jog	V55	43.37	405	12	38		
382	1105	FISHER Ray		V45	43.37	406	47			
383	931	DOWMAN Roy	Team Solent	V45	43.39	407	48	14		
384	742	ROBINSON Raymond	Portsmth Jog	V60	43.39	409	4	39		
385	538	WHITBURN Peter	Gosport RR		43.40	410	213	22		
386	524	MELIN Adrian	Gosport RR		43.41	411	214	23		
387	458	BAKER Gavin	Denmead Str		43.41	412	215	5		
388	634	BRADSHAW Peter	Liss R	V50	43.44	413	36	4	828	35
389	721	HOCKIN Nigel	Portsmth Jog		43.44	414	216	40	1507	63
390	749	SELLEY Nigel	Portsmth Jog		43.49	415	217	41		
391	540	TILT Jon	Guildford &G		43.49	416	218			
392	1103	FIELON Paul			43.49	417	219			
393	872	WATTS Raymond	SW Vets AC	V45	43.49	418	49	2		
394	474	SPENCER John	Eastleigh RC		43.52	419	220	6		
395	698	BRIAN-DAVIS Joe	Portsmth Jog	V45	43.52	420	50	42		
396	738	RICHARDS Harry	Portsmth Jog	V45	43.52	421	51	43		
397	1069	CAVUOTO Nunzio			43.52	422	221			
398	908	RANDALL John	Stubb Grn R	V50	43.56	423	37	19		
399	567	MILLER Gary	Hants Police		43.56	424	222	13		
400	986	MITCHELL Richard	Victory AC	V40	43.56	425	74	14		

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time	Position Over-all	Age Cat.	in Club	Team Aggr	Pos. Pts
					h m s					
401	988	PATTERSON Rod	Victory AC	V45	43.56	426	52	15		
402	1110	FULLER David			44.01	427	223			
403	651	CLARKE Ian	LOST R	V45	44.02	428	53	1		
404	1031	ANDREWS Terry		V50	44.05	429	38			
405	920	WHYBROW Michael	Stubb Grn R	V50	44.05	431	39	20	1502	62
406	1060	BROADWAY Dennis			44.07	432	224			
407	630	HAYES Christopher	Lancing Eagl		44.14	433	225	1		
408	642	FOWLER Graham	Lordshill RR		44.14	434	226	6		
409	1111	GALE Simon			44.14	435	227			
410	631	LYNN Keith	Lancing Eagl		44.14	436	228	2		
411	671	HENLY Stuart	Otter Trot	V40	44.16	437	75	1		
412	801	PETERS David	RNAC	V50	44.16	438	40	16	1477	61
413	1076	COOPER Trevor		V45	44.18	439	54			
414	959	MOORE Robert	Totton RC	V40	44.21	441	76	15		
415	694	BEATTIE Colin	Portsmth Jog	V50	44.21	442	41	44	1596	66
416	1226	SHIELS John		V45	44.21	443	55			
417	520	LYNE Michael	Gosport RR		44.26	444	229	24	1567	65
418	1156	LISKUTIN Marek			44.26	445	230			
419	890	DOWLAND Terence	Stubb Grn R		44.29	446	231	21		
420	771	HORN Ernest	RRC	V55	44.29	447	13	2		
421	960	PERRY John	Totton RC	V50	44.29	448	42	16	1557	64
422	919	WELLSTEAD Martin	Stubb Grn R	V50	44.37	449	43	22		
423	1242	STEPHENS David			44.37	450	232			
424	452	GADSDEN Colin	Clanfield J	V40	44.37	451	77			
425	670	GOULDING Jonathan	Otter Trot		44.37	452	233	2		
426	1078	CREAMER Jack		V55	44.37	453	14			
427	1263	WINGHAM Mark			44.43	455	234			
428	1191	OLDEN Paul			44.43	456	235			
429	1190	NURSEY Howard		V45	44.43	457	56			
430	439	HIGGINS Simon	Chase Manhtn	V40	44.43	458	78	2		
431	535	WALKER Anthony	Gosport RR		44.48	459	236	25		
432	1172	MARSHAL Leslie		V40	44.48	460	79			
433	873	BOYNTON Kevin	S Wight AC		44.48	461	237	3		
434	613	PRINCE Stephen	Havant AC		44.48	462	238	13		
435	412	GOULDING John	Andover D AC	V55	44.48	463	15	5		
436	545	BERRY Roger	Hants Police	V45	44.53	464	57	14		
437	961	PHILLIPS Grahame	Totton RC		44.53	465	239	17		
438	1042	BATCHELOR Graham			44.53	466	240			
439	1084	DAWE Brian		V55	44.53	467	16			
440	609	JEFFERY Adrian	Havant AC		44.57	468	241	14		
441	943	WEBBER Ian	Team Solent		44.57	469	242	15		
442	1167	McDOUGALL Iain			44.57	470	243			
443	519	LYDFORD Adam	Gosport RR		44.57	471	244	26		
444	862	TAYLOR Christopher	Soton RR	V45	45.00	472	58	15		
445	1081	DALE Kevin			45.00	473	245			
446	454	JOHNSON Robert	Cyanamid Jog		45.00	474	246	2		
447	757	WASSELL Will	Portsmth Jog	V50	45.05	476	44	45		
448	1265	WOOD Alan			45.05	477	247			
449	882	BRITTAIN Christopher	Stubb Grn R	V45	45.05	478	59	23		
450	1138	JACK Anthony			45.05	479	248			
451	777	HOOPER Raymond	Romsey RR	V45	45.07	481	60	4	1210	53
452	1101	FELTON Tim			45.11	483	249			
453	573	ROULSTON Gregory	Hants Police		45.15	485	250	15		
454	534	WADE Brian	Gosport RR	V45	45.15	487	61	27		
455	1040	BANKS Michael			45.22	488	251			
456	1175	MASSEY Stephen			45.22	489	252			
457	516	LEMMIS Andrew	Gosport RR		45.22	490	253	28	1785	77
458	1239	STANLEY John		V50	45.24	491	45			
459	1227	SKETCHER Colin			45.24	492	254			
460	1243	STEWART John			45.28	493	255			
461	536	WELLSTED Michael	Gosport RR	V50	45.28	494	46	29		
462	1224	SHEATH Kevin			45.28	495	256			
463	970	WHEELER-OSMAN Mich'l	Totton RC	V45	45.29	496	62	18		
464	758	WEARN Russell	Portsmth Jog		45.29	498	257	46		
465	772	JACOBS Michael	RRC	V50	45.35	499	47	3		
466	1133	HOBBS Douglas			45.35	500	258			
467	475	WILLIAMS Geoff	Eastleigh RC	V40	45.37	502	80	7		
468	1162	LORD Chris			45.37	503	259			
469	1051	BONIFACE Kevin		V40	45.37	504	81			
470	566	MEADUS Dennis	Hants Police	V50	45.37	505	48	16	1758	74
471	661	HOWLETT John	New Forest R	V45	45.37	506	63	3		
472	976	BLOOMFIELD John	Victory AC		45.47	510	260	16	1649	67
473	571	RAMSWELL Philip	Hants Police	V45	45.48	512	64	17		
474	716	HAYDON Dennis	Portsmth Jog	V40	45.53	513	82	47		
475	404	DYER Mike	Alton Jog		45.53	514	261	2		
476	408	BAINBRIDGE Paul	Andover D AC	V40	45.53	515	83	6		
477	487	DIPLOCK Steven	Goring RR		45.53	517	262	2		
478	576	SCRIVENS Kerry	Hants Police		45.56	518	263	18		
479	1213	READER George		V40	45.57	519	84			
480	445	HOLLOWAY John	Chichester R	V45	45.57	520	65	10		
481	533	TURTON Joseph	Gosport RR	V65	45.57	521	1	30		
482	1136	HUMBY Robert			46.01	522	264			
483	1165	McCARTHY Richard		V40	46.04	523	85			
484	1044	BAULK Terence		V40	46.04	525	86			
485	1010	MOORE Andrew	Wessex RR	V40	46.04	526	87	15		
486	1063	BUNCE Alan		V45	46.04	527	66			
487	606	HEBBERD Michael	Havant AC		46.09	528	265	15		
488	730	MORELAND Michael	Portsmth Jog	V50	46.09	529	49	48	1873	80
489	1210	PRUCE Mark			46.09	530	266			
490	781	ATKINSON Dave	RNAC		46.09	531	267	17		
491	965	ROFF Keith	Totton RC		46.09	532	268	19		
492	1037	BAILEY Gary			46.11	534	269			
493	1208	PRIOR John			46.11	535	270			
494	1041	BARWICK David			46.13	536	271			
495	422	HOBBS Raymond	Bstoke MH AC	V40	46.13	537	88	6		
496	1070	CHARLTON William			46.13	538	272			
497	1018	WIDDOP Richard	Wessex RR	V40	46.13	539	89	16	1717	71
498	525	PAYNE Mike	Gosport RR	V40	46.17	540	90	31		
499	717	HENDERSON Bill	Portsmth Jog	V50	46.17	541	50	49		
500	1034	ASSINDER Avery			46.17	542	273			

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr	Pos.
501	507	EVANS David	Gosport RR		46.19	543	274	32	1941	83
502	759	WILLIAMS Mark	Portsmth Jog		46.19	544	275	50		
503	557	GREEN Maurice	Hants Police	V50	46.19	545	51	19		
504	879	BARTLETT Colin	Stubb Grn R		46.19	546	276	24	1794	78
505	893	EVISON Roger	Stubb Grn R	V45	46.24	547	67	25		
506	578	SIMPSON David	Hants Police		46.24	548	277	20	1960	84
507	591	BURTON Terry	Hardley R	V40	46.24	550	91	6		
508	640	WELTCH Dave	London Postl	V60	46.24	551	5			
509	1147	KILLICK Christopher			46.24	553	278			
510	748*	SCOTT David	Portsmth Jog		46.28	554	279	51		
511	1198	PEACH Stephen			46.28	555	280			
512	1139	JACOBS Adrian			46.31	556	281			
513	1065	CAMERON Steven			46.33	557	282			
514	767	LEWIS Michael	Portsmth Tri		46.35	558	283	2		
515	655	PINK David	Midhurst Mil		46.37	559	284	2		
516	1082	DAVIES Robert		V45	46.37	560	68			
517	666	TAYLOR Ian	New Forest R		46.41	561	285	4	1322	56
518	803	SMITH Stephen	RNAC		46.41	562	286	18		
519	468	CLAYTON Adrian	Eastleigh RC	V40	46.45	564	92	8	1681	69
520	570	RAMSIER Roy	Hants Police	V50	46.45	565	52	21		
521	1178	MAY Angus			46.45	567	287			
522	457	WITHAM Mark	Cyanamid Jog	V40	46.45	568	93	3		
523	434	ANDERSON Andy	Brit Milers	V50	46.46	569	53			
524	998	BENJAMIN Harold	Wessex RR	V60	46.48	571	6	17		
525	657	BLACKBURN Andrew	New Forest R	V45	46.50	572	69	5		
526	725	JONES Peter	Portsmth Jog	V40	46.55	575	94	52	2037	86
527	1196	PATON Oliver			47.04	579	288			
528	527	REDPATH David	Gosport RR		47.09	581	289	33		
529	1009	KEYTE Melvin	Wessex RR	V45	47.09	583	70	18		
530	556	GODDEN Ron	Hants Police	V40	47.14	584	95	22		
531	985	HAGAN Malcolm	Victory AC		47.15	585	290	17		
532	477	STUBBLES David	Farnham R	V50	47.25	587	54	2		
533	945	ASHLEY Clifford	Totton RC	V55	47.27	589	17	20	1924	82
534	669	RUTTER David	NM Runners	V40	47.27	591	96	3		
535	647	LEGG John	Lordshill RR	V45	47.32	592	71	7		
536	1211	RAY Colin			47.32	593	291			
537	1230	SMITH Dave			47.32	594	292			
538	1089	DIAPER Jon			47.41	595	293			
539	1192	O'REILLY Michael		V50	47.41	596	55			
540	880	BOYD Michael	Stubb Grn R		47.42	597	294	26		
541	443	FORSTER Trevor	Chichester R	V40	47.42	598	97	11		
542	607	HOSKINSON Tony	Havant AC		47.42	599	295	16	1903	81
543	967	SHEPHERD David	Totton RC		47.45	600	296	21		
544	763	ANTCLIFFE Robin	Prtsmth NECC	V40	47.49	601	98			
545	1134	HOLLINGDALE Graham		V45	47.51	603	72			
546	1125	HAWKINS Michael			47.54	605	297			
547	1240	STANLEY Simon			47.54	606	298			
548	1228	SKYE Barry		V40	48.01	607	99			
549	1109	FREEMANTLE Matthew			48.01	608	299			
550	950	GATES Andrew	Totton RC		48.04	609	300	22		
551	568	PARRY William	Hants Police	V50	48.11	610	56	23		
552	1024	HARRISON John	Worthing H	V40	48.12	611	100	1		
553	808	BUCKETT Peter	Ryde H	V40	48.12	612	101	15		
554	550	COBBETT Peter	Hants Police	V45	48.15	615	73	24	2155	87
555	590	BENNETT Graham	Hardley R	V40	48.21	616	102	7		
556	755	TUCKER Keith	Portsmth Jog	V50	48.22	617	57	53		
557	1061	BROWN Terence		V45	48.25	618	74			
558	1043	BATTEN Chris			48.31	620	301			
559	574	ROWE Paul	Hants Police	V40	48.32	621	103	25		
560	904	LEWKOWICZ Nicholas	Stubb Grn R		48.38	623	302	27		
561	595	REID Richard	Hardley R		48.38	624	303	8	1694	70
562	1154	LICKMAN Michael		V40	48.40	626	104			
563	653	GORDON Ian	Marchwood H		48.45	627	304			
564	1048	BLAKE John		V45	48.53	629	75			
565	913	SAVILL Peter	Stubb Grn R	V45	49.00	631	76	28	2170	88
566	599	ARNOLD Barry	Havant AC		49.00	632	305	17		
567	846	WILLIS Basil	Soton City	V55	49.04	634	18	14		
568	1145	KEELING Albert		V45	49.13	636	77			
569	453	DYER Gerry	Cyanamid Jog	V45	49.13	637	78	4	1774	75
570	974	LEY Fred	Veterans AC	V40	49.16	640	105	1		
571	1104	FINDLAY Robert			49.30	642	306			
572	455	MAISEY Peter	Cyanamid Jog	V40	49.33	643	106	5		
573	1096	ECCLESTON Ron		V60	49.36	644	7			
574	665	ROBERTS Trevor	New Forest R		49.37	646	307	6		
575	577	SETFORD Alan	Hants Police	V40	49.37	647	107	26		
576	787	DOWSETT Dennis	RNAC	V40	49.37	648	108	19		
577	584	WILLIAMS Clifford	Hants Police		49.40	652	308	27		
578	645	HOLLAND David	Lordshill RR	V65	49.45	654	2	8	1733	73
579	425	MATTHEWS Roger	Bstoke MH AC	V45	49.50	655	79	7		
580	1197	PAYNE Charlie		V45	49.55	656	80			
581	907	POSTON John	Stubb Grn R	V45	50.02	659	81	29		
582	870	ALLAN David	SW Vets AC	V40	50.04	660	109	3		
583	1252	TOOMER Paul			50.04	663	309			
584	971	WITT Bob	Totton RC	V40	50.08	666	110	23		
585	1216	RENDELL Michael		V45	50.12	667	82			
586	1124	HARRISON Philip		V40	50.12	669	111			
587	865	WHITMORE David	Soton RR	V40	50.19	671	112	16	1731	72
588	646	KIRKLAND Gordon	Lordshill RR	V40	50.20	672	113	9		
589	754	TERRILL William	Portsmth Jog	V55	50.24	673	19	54		
590	1189	NUGENT Martin			50.30	675	310			
591	1164	LYNE Stephen			50.31	676	311			
592	1099	ENSOR Michael			50.31	677	312			
593	461	MERRETT Derek	Denmead Str		50.37	678	313	6		
594	1245	SURREY Harry		V50	50.39	679	58			
595	437	BENEST Lance	Chase Manhtn		50.42	680	314	3		
596	579	SPACEY Gerald	Hants Police	V55	50.46	681	20	28	2307	91
597	855	GOHRISCH Duncan	Soton RR		50.47	682	315	17		
598	517	LITTLE Dave	Gosport RR		50.47	683	316	34		
599	1219	ROBERTS Malcolm		V45	50.50	685	83			
600	1129	HILFERTY John			50.53	686	317			

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr	Pos.
601	1137	INGRAM Glyn		V50	50.54	688	59			
602	1035	AUSTEN John		V55	50.58	689	21			
603	917	WAINWRIGHT Philip	Stubb Grn R	V40	51.00	691	114	30		
604	1271	WRIGHT David			51.00	692	318			
605	1017	WHITE Andrew	Wessex RR	V40	51.05	695	115	19		
606	569	PRANGNELL Adrian	Hants Police		51.05	696	319	29		
607	1085	DEACON Michael		V50	51.05	697	60			
608	1246	SWIFT Ian		V40	51.16	699	116			
609	492	WARD Barry	Goring RR		51.17	701	320	3		
610	1128	HERMISTON Andrew			51.22	703	321			
611	793	HOPKINSON Michael	RNAC		51.28	708	322	20	2195	89
612	708	ELKINS Peter	Portsmth Jog	V50	51.28	709	61	55		
613	1166	McDONALD Christopher		V50	51.38	712	62			
614	1142	JONES Murray			51.41	713	323			
615	1114	GEORGE Bernard		V45	51.41	714	84			
616	1185	NEAVES Antony			51.53	716	324			
617	1195	PARKIN Ivan		V45	51.59	719	85			
618	583	WILLIAMS Bill	Hants Police		52.05	721	325	30		
619	500	COWAN Terry	Gosport RR	V45	52.10	722	86	35		
620	1091	DOHERTY Christopher			52.12	723	326			
621	899	KEATES Philip	Stubb Grn R	V40	52.12	724	117	31		
622	547	BURNETT David	Hants Police	V40	52.23	725	118	31		
623	1188	NORMAN Edward			52.26	726	327			
624	1012	OTTLEY David	Wessex RR	V50	52.26	728	63	20	2282	90
625	940	SMITH Gerald	Team Solent	V45	52.28	729	87	16	1796	79
626	1229	SMITH Barry		V50	52.28	730	64			
627	1257	WALKER Roy			52.28	731	328			
628	1278	FOORD Craig			52.30	733	329			
629	585	WILLSON Alexander	Hants Police		52.33	734	330	32	2475	95
630	1150	LAKEMAN Paul			52.40	735	331			
631	1236	SOUTHCOTT Michael			52.43	736	332			
632	1155	LIGHT Roy			52.43	737	333			
633	1173	MARTIN Neil			52.46	739	334			
634	975	PIPER Frederick	Veterans AC	V60	52.46	740	8	2		
635	1029	ALLINSON Philip			52.54	743	335			
636	1280	SUMMERS George		V45	52.54	745	88			
637	628	MOSES Brian	IoW RR	V50	53.02	747	65	1		
638	641	DAWES Geoff	Lordshill RR	V50	53.07	749	66	10		
639	555	GARDNER Stuart	Hants Police		53.15	754	336	33		
640	1260	WHITE Chris		V45	53.18	756	89			
641	1158	LODGE Adrian			53.18	757	337			
642	1033	ASHWOOD Samual		V45	53.22	758	90			
643	1106	FISHER William		V45	53.22	759	91			
644	1194	OWEN-MORRIS John			53.22	760	338			
645	1235	SNOWDON James			53.25	762	339			
646	1112	GARROD David		V40	53.35	765	119			
647	1146	KIANY Ahmad		V45	53.37	766	92			
648	481	COX David	Fleetlands S		53.56	770	340	3		
649	478	LINDSTEDT Rainer	Farnham Tri	V40	54.00	771	120			
650	854	FREE Charlie	Soton RR	V40	54.04	772	121	18		
651	861	SPENCER Godfrey	Soton RR	V50	54.06	773	67	19		
652	1093	DUGGUA Rodney			54.19	777	341			
653	1161	LONGYEAR Mathew			54.24	778	342			
654	1140	JANES David		V45	54.26	780	93			
655	1135	HOLLIS Michael		V50	54.39	782	68			
656	418	LEAK Frank	Army AA	V45	54.52	788	94			
657	1171	MANN Richard			55.18	794	343			
658	407	WHITWELL Brian	Alton Jog	V45	55.34	798	95	3		
659	600	DEVONSHIRE Brian	Havant AC		55.36	799	344	18		
660	750	SHEPHERD Albert	Portsmth Jog	V40	55.38	801	122	56	2417	92
661	1199	PEARCE Christopher			55.48	806	345			
662	874	GAMMAGE David	S Wight AC	V65	55.50	809	3	4	1662	68
663	891	EDWARDS Gary	Stubb Grn R	V45	56.12	813	96	32	2468	94
664	652	MULLINS John	LOST R	V40	56.14	814	123	2		
665	1217	RICHARDSON Kevin			56.15	815	346			
666	1225	SHEPHERD John		V40	56.19	817	124			
667	906	NEWMAN Andrew	Stubb Grn R	V40	56.24	818	125	33		
668	1123	HARRIS Arthur		V45	56.29	821	97			
669	922	WRIGHT Frank	Stubb Grn R	V60	56.32	825	9	34		
670	1098	ENNIS Colin		V45	56.35	826	98			
671	1207	PORTER Robert		V40	56.41	828	126			
672	529	SHORT Raymond	Gosport RR	V45	56.45	830	99	36	2417	93
673	565	MARTIN Michael	Hants Police		56.59	834	347	34		
674	1237	SPEAKMAN Timothy			57.00	835	348			
675	489	PRICE Dave	Goring RR		57.01	836	349	4	2032	85
676	710	GRAHAM Jim	Portsmth Jog	V45	57.18	841	100	57		
677	1268	WORT Peter			57.27	845	350			
678	762	WRIGHT Bill	Portsmth Jog	V45	57.47	849	101	58		
679	1248	TARABELLA Simon			58.05	853	351			
680	1157	LIVETT William		V50	58.18	855	69			
681	1273	YOUNG John			58.24	856	352			
682	1174	MASON Graham		V50	58.32	858	70			
683	1255	UNTHANK Julian			58.43	860	353			
684	897	HARPER Harry	Stubb Grn R	V65	58.45	861	4	35		
685	942	WEBBER Derek	Team Solent	V45	58.46	862	102	17		
686	1222	RUTTER Ian			58.48	864	354			
687	498	CARVER Alan	Gosport RR	V55	59.01	867	22	37		
688	1148	KING Jim			59.16	868	355			
689	1126	HEARNDEN Graham		V45	59.21	869	103			
690	632	WINGATE Ian	L&E R	V50	59.31	871	71			
691	1068	CARWITHEN Geoff			59.55	878	356			
692	753	TAYLOR Keith	Portsmth Jog	V40	1.00.19	882	127	59		
693	709	GORDON Bob	Portsmth Jog	V40	1.00.26	885	128	60	2739	96
694	1234	SMITH Philip			1.00.29	886	357			
695	1086	DEAN Geoffrey			1.00.59	887	358			
696	1057	BRAIN Peter			1.01.12	889	359			
697	693	BARNES Julian	Portsmth Jog		1.01.41	892	360	61		
698	470	GRIFFIN Jonathan	Eastleigh RC		1.01.45	893	361	9		
699	746	ROSS Carl	Portsmth Jog	V55	1.02.18	895	23	62		
700	715	HAWKINS Edward	Portsmth Jog	V60	1.02.31	897	10	63		

RESULTS - MEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Overall	Age Cat.	in Club	Team Aggr	Pos.
701	1052	BONNER Anthony		V45	1.03.39	902	104			
702	1201	PHILLIPS Anthony		V40	1.04.19	907	129			
703	1205	PITTS Robert			1.04.20	908	362			
704	1176	MATTHEWS Ray		V60	1.10.28	929	11			
705	1071	CHILLCOTT Fred		V65	1.16.52	938	5			
706	774	JARVIS Peter	RRC	V50	1.16.53	939	72	4	1777	76

MEN'S TEAMS

1st	Southampton City A.C.	13 pts
2nd	Portsmouth Joggers	62 pts
3rd	Havant A.C.	67 pts
4th	Ryde Harriers	95 pts
5th	Royal Navy A.C.	124 pts
6th	Hardley Runners	151 pts
7th	Portsmouth A.C.	199 pts
8th	Southampton Road Runners	209 pts
9th	Southampton City A.C. 'B'	211 pts
10th	Stubbington Green Runners	214 pts
11th	Portsmouth Joggers 'B'	225 pts
12th	Gosport Road Runners	280 pts
13th	Wessex Road Runners	295 pts
14th	Havant A.C. 'B'	305 pts
15th	Portsmouth Joggers 'C'	352 pts
16th	Chichester Runners	352 pts
17th	Ryde Harriers 'B'	365 pts
18th	Royal Navy A.C. 'B'	368 pts
19th	Totton R.C.	410 pts
20th	Portsmouth Joggers 'D'	428 pts

RESULTS - WHEELCHAIR ATHLETES

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Overall	Age Cat.	in Club	Team Aggr	Pos.
1	400	KEAT Michael	BWRA		38.36	1	1			

RESULTS - WOMEN

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Overall	Age Cat.	in Club	Team Aggr	Pos
1	68	HARROP Jane	Havant AC		35.22	54	1	1		
2	17	HARVEY Karen	Bournemth AC		36.34	87	2			
3	77	BALL Tanya	London Olymp	V35	36.56	104	1			
4	126	NUTLAND Sharon	Portsmth Jog	V35	37.25	124	2	1		
5	82	PENNEY Dawn	Lordshill RR		37.36	128	3	1		
6	132	SCOTT Sally	Portsmth Jog		38.19	152	4	2		
7	103	KEARNEY Nikki	Portsmth F&D		38.32	161	5	1		
8	174	CLARKE Joan	Stourbridge	V35	39.24	203	3			
9	332	PASSFIELD Janice	Totton RC	V40	39.34	208	1	1		
10	125	NEWELL Katherine	Portsmth Jog	V35	40.54	266	4	3	20	1
11	4	RHIMES Sara	Alton Jog	V35	41.00	270	5	1		
12	208	GLOYN Margaret	Totton RC		41.29	291	6	2		
13	31	WILLSON Penny	Fleet & C AC		41.38	298	7			
14	59	DINNELL Shirley	Hants Police	V35	41.49	311	6	1		
15	196	COLLETT Mary	Team Solent	V45	41.59	318	1	1		
16	313	RUSHTON Emma			42.11	335	8			
17	308	PRINCE Barbara		V35	42.11	336	7			
18	61	NASH Tina	Hants Police		42.15	338	9	2		
19	122	MARSH Margaret	Portsmth Jog		42.15	342	10	4		
20	114	HALL Claire	Portsmth Jog	V40	42.32	353	2	5		
21	71	PARTRIDGE Rosaline	Instinctive		42.40	359	11			
22	36	BODDEY Sue	Gosport RR		43.02	374	12	1		
23	13	FROUD Jennifer	Bstoke MH AC	V35	43.06	380	8	1		
24	101	BOOTH Kathryn	Poole R	V35	43.10	381	9			
25	158	HUNT Marilyn	Sarum Str	V35	43.39	408	10	1		
26	135	SUTLIFF Alison	Portsmth Jog		44.05	430	13	6	65	2
27	197	DONOGHUE Paula	Team Solent		44.18	440	14	2		
28	200	GUNNING Dawn	Team Solent		44.43	454	15	3	70	3
29	139	WASSELL Denise	Portsmth Jog		45.02	475	16	7		
30	129	ROBBINS Jennifer	Portsmth Jog	V40	45.07	480	3	8		
31	130	ROGERS Pamela	Portsmth Jog	V35	45.11	482	11	9	90	4
32	157	BOUNHAR Ayshea	Sarum Str		45.15	484	17	2		
33	149	PALMER Jean	Romsey RR	V50	45.15	486	1	1		
34	222	CROCKER Marilyn	Victory AC	V45	45.29	497	2	1		
35	69	PINDAR Helen	Havant AC		45.37	501	18	2		
36	275	GOUGH Lorna			45.47	507	19			
37	25	LAIDLAW Christine	Dulwich Pk R	V35	45.47	508	12			
38	34	PACKHAM Georgina	Goring RR	V50	45.47	509	2	1		
39	276	GOULD-SMITH Linda		V40	45.48	511	4			
40	123	MARSH Rosalind	Portsmth Jog		45.53	516	20	10		
41	113	GRIFFIN Andrea	Portsmth Jog	V35	46.04	524	13	11		
42	334	CROSS Sue	Liss R	V40	46.11	533	5	1		
43	64	NOKE Linda	Hardley R	V40	46.24	549	6	1		
44	8	HARTNELL Alison	Andover D AC		46.24	552	21	1		
45	105	BAILEY Linda	Portsmth Jog	V35	46.42	563	14	12	126	8
46	159	POOLE Suzanne	Sarum Str		46.45	566	22	3	103	7
47	12	CLARKSON Anna	Bstoke MH AC	V35	46.48	570	15	2		
48	138	WALTON Michele	Portsmth Jog		46.50	573	23	13		
49	198	DOWMAN Catherine	Team Solent		46.50	574	24	4		
50	6	CHILDS Linda	Andover D AC	V35	46.55	576	16	2		

RESULTS - WOMEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Overall	Age Cat.	in Club	Team Aggr	Pos.
51	107	BRIGGS Sylvia	Portsmth Jog	V45	46.55	577	3	14		
52	43	LEASK Mary	Gosport RR		46.58	578	25	2		
53	173	DEX Ann	S Wight AC	V45	47.09	580	4			
54	154	O'DONNELL June	Ryde H	V45	47.09	582	5	1		
55	204	TILLETT Julie	Team Solent		47.18	586	26	5		
56	142	BESZANT Lorrie	Portsmth Tri		47.27	588	27	1		
57	299	MAYNARD Marjorie		V50	47.27	590	3			
58	241	BANKS Linda			47.51	602	28			
59	49	REDPATH Elizabeth	Gosport RR	V35	47.51	604	17	3	133	9
60	177	CAMPBELL Gillian	Stubb Grn R	V35	48.12	613	18	1		
61	160	DUKES Ann	Soton City	V50	48.15	614	4			
62	87	BLACKBURN Ann	New Forest R	V45	48.25	619	6	1		
63	70	WEEKS Helen	Havant AC		48.38	622	29	3	99	6
64	187	MATYEAR Gillian	Stubb Grn R		48.40	625	30	2		
65	185	JOHNSON Bernadette	Stubb Grn R	V40	48.49	628	7	3	189	12
66	3	NEW Patricia	Alton Jog	V50	48.55	630	5	2		
67	148	COUPER Wendy	Romsey RR	V45	49.04	633	7	2		
68	326	WALKER Tracy			49.07	635	31			
69	194	YOUNG Gillian	Stubb Grn R	V35	49.13	638	19	4		
70	249	CARTER Kim			49.16	639	32			
71	217	PILBEAM Rene	Totton RC	V40	49.20	641	8	3	92	5
72	285	HISCOCK Karen			49.37	645	33			
73	232	YOUNG Sally	Wessex RR	V35	49.39	649	20	1		
74	230	PAGE Pauline	Wessex RR	V35	49.39	650	21	2		
75	45	McGREAL Sandra	Gosport RR		49.39	651	34	4		
76	333	SEGGIE June	Hardley R		49.44	653	35	2		
77	195	AXTELL Josephine	Team Solent		49.57	657	36	6	181	11
78	190	POSTON Janet	Stubb Grn R	V45	50.01	658	8	5		
79	229	NOBBS Louise	Wessex RR	V35	50.04	661	22	3	226	15
80	231	WARNE Pamela	Wessex RR	V45	50.04	662	9	4		
81	22	BADCOCK Kim	Denmead Str		50.08	664	37	1		
82	278	GREEN Caroline			50.08	665	38			
83	236	ASKELL Lorraine			50.12	668	39			
84	182	GIBBON Julie	Stubb Grn R		50.17	670	40	6	231	16
85	2	HICKMAN Stephanie	Alton Jog	V50	50.30	674	6	3	162	10
86	221	THOMAS Frances	Totton RC	V40	50.50	684	9	4		
87	242	BARWICK Anna			50.54	687	41			
88	193	WEST Sarah	Stubb Grn R		51.00	690	42	7		
89	167	TEW Gill	Soton RR	V35	51.05	693	23	1		
90	90	HOWLETT Olive	New Forest R	V40	51.05	694	10	2		
91	291	KRAUSE Ulrike			51.08	698	43			
92	279	GRIST Diane		V40	51.17	700	11			
93	257	DALE Sally		V35	51.18	702	24			
94	316	SAVILL Laura			51.22	704	44			
95	44	LITTLE Denise	Gosport RR	V40	51.22	705	12	5		
96	35	BAINBRIDGE Caroline	Gosport RR		51.25	706	45	6	266	20
97	150	HOPKINSON Vanessa	RNAC		51.27	707	46	1		
98	323	THOMAS Linda		V40	51.33	710	13			
99	172	WESTON Kathy	SC Vets AC	V50	51.33	711	7	1		
100	63	HOUSE Donna	Hardley R		51.53	715	47	3	219	14

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Overall	Age Cat.	in Club	Team Aggr	Pos
101	226	BAILEY Sharon	Wessex RR		51.59	717	48	5		
102	228	MOONEY Yolande	Wessex RR		51.59	718	49	6	283	22
103	153	GREEN Jill	Ryde H	V50	52.04	720	8	2		
104	120	McINTOSH Susan	Portsmth Jog		52.26	727	50	15	203	13
105	243	BLAKE Nicola			52.30	732	51			
106	106	BOATMAN Lonice	Portsmth Jog		52.46	738	52	16		
107	72	CAMPBELL Elaine	Liss R	V40	52.50	741	14	2		
108	136	TWOMEY Stella	Portsmth Jog	V40	52.50	742	15	17		
109	335	BOWER Julie-Ann		V40	52.54	744	16			
110	213	MASON Jane	Totton RC	V35	52.58	746	25	5		
111	80	FRANCIS Anne	Lordshill RR	V40	53.02	748	17	2		
112	141	AUSTIN Joan	Portsmth Tri	V45	53.09	750	10	2		
113	305	PATON Emma			53.09	751	53			
114	165	ROGERS Patricia	Soton RR	V45	53.09	752	11	2		
115	110	ENNIS Maggie	Portsmth Jog	V45	53.15	753	12	18	329	24
116	54	WATSON Irene	Gosport RR	V50	53.15	755	9	7		
117	30	AGATE Pamela	Fittleworth	V50	53.22	761	10			
118	192	SUMMERFIELD Susan	Stubb Grn R	V50	53.29	763	11	8		
119	168	FERRIS Shirley	Soton Tri		53.32	764	54	1		
120	58	MARIS Annette	HMS Dryad		53.37	767	55			
121	284	HAWKINS Carol		V35	53.47	768	26			
122	39	HEYS Kathryn	Gosport RR		53.56	769	56	8		
123	24	TURNER Tina	Denmead Str	V35	54.08	774	27	2		
124	246	BURTON Tracy			54.17	775	57			
125	21	GADSDEN Julie	Clanfield J	V40	54.19	776	18			
126	201	QUILTER Kathleen	Team Solent	V35	54.26	779	28	7		
127	27	DIBDEN Stephanie	Eastleigh RC	V35	54.35	781	29	1		
128	199	GORDON Janet	Team Solent	V45	54.42	783	13	8		
129	75	EVANS Lesley	Liss R		54.43	784	58	3	278	21
130	32	HEDDON Pat	Goring RR	V40	54.46	785	19	2		
131	233	ABRAHAM Susan			54.48	786	59			
132	84	ALLEN Katie	LOST R		54.50	787	60	1		
133	287	JAMES Sarah			54.54	789	61			
134	286	INGAMELLS Susan			55.04	790	62			
135	108	EDGELLER Jennie	Portsmth Jog	V50	55.09	791	12	19		
136	164	MITCHELL Mary	Soton RR	V40	55.12	792	20	3	339	25
137	91	KELSON Jenny	New Forest R	V60	55.16	793	1	3	289	23
138	169	MARSTON Rachel	Soton Tri		55.19	795	63	2		
139	115	HOCKIN Sandra	Portsmth Jog		55.30	796	64	20		
140	51	SAWYER Lynne	Gosport RR		55.32	797	65	9	378	31
141	312	ROUSSEL Elizabeth			55.37	800	66			
142	23	FOSTER Gloria	Denmead Str	V35	55.40	802	30	3	346	26
143	79	DAWES Jenny	Lordshill RR	V45	55.42	803	14	3	259	19
144	20	WEISS Victoria	Chichester R	V45	55.43	804	15	1		
145	11	WHITE Joan	Andover D AC	V40	55.47	805	21	3	239	17
146	179	EVERSON Sylvia	Stubb Grn R	V45	55.48	807	16	9	352	28
147	175	AUSTIN Caroline	Stubb Grn R	V35	55.49	808	31	10		
148	76	KIRKPATRICK Glenys	Liss R	V45	55.55	810	17	4		
149	28	LUPO Jill	Eastleigh RC	V50	55.57	811	13	2		
150	292	LAMBOURNE Linda		V40	56.11	812	22			

RESULTS - WOMEN (continued)

Pos.	No.	Name	Club	Vet Cat.	Time h m s	Position Over-all	Age Cat.	in Club	Team Aggr Pts	Team Pos.
151	161	CHONANSKI Angela	Soton RR		56.17	816	67	4		
152	301	NURSEY Erica		V45	56.27	819	18			
153	212	LEMON Rosemary	Totton RC	V35	56.27	820	32	6	349	27
154	41	HITCHING Loraine	Gosport RR	V35	56.31	822	33	10		
155	47	MOREY Susan	Gosport RR	V35	56.31	823	34	11		
156	57	WRIGHT Shirley	Stubb Grn R	V50	56.32	824	14	11		
157	255	CORNISH Julia			56.40	827	68			
158	118	HOWSE Jenny	Portsmth Jog	V50	56.42	829	15	21	432	32
159	147	WILSON Stephanie	Reebok R Sis		56.50	831	69	1		
160	216	PEARSON Deborah	Totton RC		56.53	832	70	7		
161	254	COOPER Carol		V35	56.57	833	35			
162	180	FAIRHURST Anne	Stubb Grn R	V50	57.02	837	16	12	465	33
163	18	ROUSSEL Kay	Chichester R	V50	57.04	838	17	2		
164	145	GREEN Suzanne	Reebok R Sis	V40	57.05	839	23	2		
165	146	NICHOLSON Jan	Reebok R Sis	V45	57.05	840	19	3	488	36
166	296	LYNE Colleen		V45	57.20	842	20			
167	5	BOYD Heather	Andover D AC	V40	57.24	843	24	4		
168	330	WORT Joanna			57.27	844	71			
169	133	SKINNER Wendy	Portsmth Jog	V50	57.32	846	18	22		
170	247	BUTLER Jane		V35	57.37	847	36			
171	128	RIPINER Gill	Portsmth Jog	V40	57.47	848	25	23		
172	266	FARRELL Ann		V50	57.54	850	19			
173	144	EMERSON Patricia	Reebok R Sis	V50	57.59	851	20	4		
174	322	TARABELLA Sheila		V35	58.05	852	37			
175	252	CONWAY Ena		V40	58.07	854	26			
176	309	REDGROVE Judy			58.27	857	72			
177	46	MONKCOM Joan	Gosport RR	V50	58.40	859	21	12	486	35
178	314	RUTTER Mary			58.48	863	73			
179	265	EVANS Jane		V40	58.49	865	27			
180	52	TAYLOR Guilaine	Gosport RR	V35	58.57	866	38	13		
181	67	BOXALL Rae	Haslemere B	V50	59.24	870	22			
182	109	ELDRED Diane	Portsmth Jog		59.33	872	74	24	522	37
183	7	GOULDING Jill	Andover D AC	V50	59.34	873	23	5		
184	9	KINGSTON Jackie	Andover D AC		59.36	874	75	6	534	38
185	303	O'CONNELL Sue		V40	59.39	875	28			
186	264	ELKINS Janice			59.42	876	76			
187	261	DICKSON Jennifer		V35	59.46	877	39			
188	214	PALMER Valerie	Totton RC	V45	59.59	879	21	8		
189	33	LEADBETTER Christine	Goring RR	V40	1.00.12	880	29	3	357	29
190	298	MALCOLMSON Jennifer			1.00.17	881	77			
191	124	NEVITT Yda	Portsmth Jog		1.00.24	883	78	25		
192	50	RUSSELL Rosemary	Gosport RR	V50	1.00.26	884	24	14		
193	318	SHEPHERD Margaret		V40	1.01.10	888	30			
194	310	ROGERS Tanya			1.01.13	890	79			
195	111	FISHER Sallyann	Portsmth Jog		1.01.39	891	80	26		
196	15	MURRAY June	Baycroft R	V50	1.01.52	894	25			
197	219	SELBY Valerie	Totton RC	V50	1.02.28	896	26	9	545	39
198	288	JAMES Tina		V40	1.02.55	898	31			
199	95	ROBEY Sandy	NM Runners		1.03.23	899	81	1		
200	271	FULFORD Carole		V40	1.03.26	900	32			
201	210	HIGGINS Jeanette	Totton RC		1.03.38	901	82	10		
202	277	GRAY Gaynor		V35	1.04.00	903	40			
203	272	FULFORD Doreen		V45	1.04.06	904	22			
204	315	SANDERS Jane		V35	1.04.14	905	41			
205	328	WEATHERDON Julie		V40	1.04.16	906	33			
206	281	HALLETT Vivienne		V40	1.04.30	909	34			
207	234	ALDRIDGE Janet		V45	1.04.33	910	23			
208	282	HARDING Susan		V45	1.04.33	911	24			
209	280	HAAS Fiona		V45	1.04.35	912	25			
210	188	NEWMAN Marlene	Stubb Grn R	V40	1.04.41	913	35	13		
211	189	NEWMAN Pippa	Stubb Grn R		1.04.41	914	83	14		
212	235	ALLINSON Lynn		V35	1.04.49	915	42			
213	267	FINDING Dawn			1.04.49	916	84			
214	62	SILSON Susan	Hants Police		1.05.19	917	85	3	246	18
215	156	SORRELL Jean	Ryde H	V35	1.05.30	918	43	3	372	30
216	273	FULLER Pamela			1.05.46	919	86			
217	218	RICHARDSON Frances	Totton RC	V50	1.05.55	920	27	11		
218	294	LLOYD Judith		V45	1.06.53	921	26			
219	94	ENCKE Teresa	NM Runners	V35	1.07.02	922	44	2		
220	181	FLACK Alison	Stubb Grn R		1.07.26	923	87	15	641	42
221	297	MABY Julie		V35	1.08.02	924	45			
222	220	SPREADBURY Janet	Totton RC	V50	1.08.15	925	28	12	640	41
223	127	PRIOR Joy	Portsmth Jog		1.08.39	926	88	27	609	40
224	117	HOWARD Debbie	Portsmth Jog		1.08.39	927	89	28		
225	119	JONES Maureen	Portsmth Jog W	V50	1.09.50	928	29	29		
226	134	STARKS Marilyn	Portsmth Jog W	V40	1.10.33	930	36	30	675	44
227	329	WEBB Sarah			1.11.06	931	90			
228	238	AXON Carol		V40	1.11.31	932	37			
229	331	YOUNG Valerie		V45	1.11.35	933	27			
230	202	QUILTER Vicki	Team Solent		1.12.25	934	91	9	484	34
231	253	COOK Debra			1.12.32	935	92			
232	207	COOK Vivien	Totton RC	V50	1.14.41	936	30	13		
233	96	RUTTER Anne	NM Runners	V40	1.16.36	937	38	3	651	43
234	92	BARBER Annette	NM Runners	V35	1.19.33	940	46	4		

WOMEN'S TEAMS

1st	Portsmouth Joggers	20 pts
2nd	Portsmouth Joggers 'B'	65 pts
3rd	Team Solent	70 pts
4th	Portsmouth Joggers 'C'	90 pts
5th	Totton R.C.	92 pts
6th	Havant A.C.	99 pts
7th	Sarum Striders	103 pts
8th	Portsmouth Joggers 'D'	126 pts
9th	Gosport Road Runners	133 pts
10th	Alton Joggers	162 pts

FUN RUN RESULTS

1.	David Haydon	4:23
2.	James Marshall	4:24
3.	Grant Christmas	5:06
4.	Craig Winter	5:06
5.	Charlotte Wellstead	5:07
6.	John Saxton	5:14
7.	Emma Kennedy	5:14
8.	Mark Pavlovic	5:25
9.	Melanie Waring	5:26
10.	Mark Johnson	5:28
11.	Andrew Hobbs	5:33
12.	Neil Macey	5:34
13.	David Marshall	5:34
14.	Barry Hebberd	5:42
15.	Mark Stead	5:44
16.	Helen Stead	5:45
17.	Katie Hatton	5:51
18.	Damon Morey	6:03
19.	Stefan Gloyn	6:05
20.	John West	6:17
21.	Lisa-Jayne Young	6:18
22.	Robert Greenwood	6:18
23.	Sally Rawlins	6:19
24.	Lucy Pavlovic	6:20
25.	Sarah-Jayne Young	6:20
26.	Paul Stoner	6:22
27.	Alex Collier-Baker	6:27
28.	David Keates	6:31
29.	David Waring	6:32
30.	Oliver Guy	6:37
31.	George Barry	6:58
32.	Gemma Mason	7:07
33.	Victoria Webb	7:07
34.	Allen Webb	7:09
35.	Julie Campbell	7:09
36.	Zoe Campbell	7:09
37.	Cheryl Gilmour	7:13
38.	Chantelle Movey	7:15
39.	Nicola Hawkins	7:17
40.	Paula Hebberd	7:19
41.	Melissa Collier-Baker	7:25
42.	Rebekah Guy	8:37